

WEEKLY
MEAL PLAN



*Simple Eating with
Clean, Whole Ingredients.*

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THE PLAN

Day 1

Breakfast	Banana Almond Sweet Potatoes
Lunch	Spicy Shrimp Tacos
Dinner	Beef Stew

Day 2

Breakfast	Banana Almond Sweet Potatoes
Lunch	Spicy Shrimp Tacos
Dinner	Beef Stew

Day 3

Breakfast	Banana Almond Sweet Potatoes
Lunch	Beef Stew
Dinner	Ají de Gallina

Day 4

Breakfast	Eggs and Banana Muffins
Lunch	White Chicken Chili
Dinner	Ají de Gallina

Day 5

Breakfast	Eggs and Banana Muffins
Lunch	White Chicken Chili
Dinner	Ají de Gallina