

Clean Eating Meal Plan

Week of: Monday, January 20th

MONDAY

[Baked Chicken Fajitas](#)

TUESDAY

[Ground Turkey Lettuce Wraps](#)

WEDNESDAY

[Beef & Quinoa Stir Fry](#)

THURSDAY

[Tortilla Stacks with Avocado
& Lime Black Beans](#)

FRIDAY

Date Night &
Leftovers for the Kids

SATURDAY

[Thai Coconut Shrimp
with Brown Rice Pasta](#)

SUNDAY

[Orange Chipotle Chicken
with Cilantro Rice](#)