



Prepared by [Lorraine Crowe](#)

1 Day Clean Eating Plan



Hey there!

Thank you for your interest in my one-day meal plan! As you likely know, there are so many ways you can upgrade your wellness and improve your life, but today, we want you to focus on one simple change: the food on your plate.

Just like you, we are busy people and we need meals that give us energy, that are quick to put together, easy to digest, and that nourish our bodies instead of taking away from them. So, we're sharing a one-day example of our simple, easy recipes that can transform your body and your health through our Body Solace Meal Plans. And when you do that, you can also transform your mind, your energy, your confidence, your happiness, and more!

It is time to revolutionize your plate. Eating healthy doesn't have to be hard, and we know from personal experience how much it matters. However, most people are confused about what to eat. Even though we live in the age of information, the advice that's out there can be overwhelming and often conflicting.

With our help, you will not count calories, you will not dwell on fat, you will not feel deprived, and you will not be on a "diet." Instead, you will feel energized, reduce inflammation and bloating, lose weight (if that is what you're interested in), and increase your confidence with better fitting clothing, glowing skin, and easier digestion (to name a few!)

We encourage you to try this one-day meal plan and see how you feel. If you're interested in more, we're here for you with our membership options and guidance.

Remember that you're worth it. We already know that you are, and we hope you can realize that too.



Our passion is helping everyone to feel their very best.

Danielle & Lorraine

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These statements have not been evaluated by Health Canada.

This is not intended to diagnose, treat, cure, or prevent any disease.

Monday

Breakfast



Chia Peach Green Smoothie

Snack 1



Veggies and Hummus

Lunch



Avocado Chickpea Lettuce Wraps

Snack 1



Apple Sandwiches with Almond Butter and..

Dinner



Carrot Avocado Rice Bowl

Snack 1



Dairy-Free Hot Cocoa



Chia Peach Green Smoothie

Prep	Cook	Ready in	Servings
5 min	0 min	5 min	1 (<i>originally 1</i>)

Ingredients for 1

1 bunch	Spinach (handful)
1 tbsp	Chia seeds
1 small	Banana
1 medium	Peach (chopped)
1 cup	Almond milk, unsweetened (unsweetened)

Instructions

Add ingredients to blender in order listed (you want your greens on the bottom by the blade so they blend better and have the chia on the bottom to absorb some liquid before you blend).

Wait a couple of minutes for the chia seeds to start soaking up the almond milk.

Blend. Serve and Enjoy!

Tip: Smoothies are the ultimate recipe for substitutions. Try swapping different greens, fruit or seeds to match your preference.

Bonus: Chia seeds not only have fiber and essential omega-3 fatty acids but they contain all of the essential amino acids from protein.



Veggies and Hummus

Prep	Cook	Ready in	Servings
5 min	0 min	5 min	1 (<i>originally 2</i>)

Ingredients for 1

1 medium	Carrots
2 medium stalk(s)	Celery
1/4 cup	Hummus

Instructions

Cut carrots and celery (or any veggie you like) into dippable pieces and serve with hummus



Avocado Chickpea Lettuce Wraps

Prep	Cook	Ready in	Servings
15 min	0 min	15 min	1 (<i>originally 4</i>)

Ingredients for 1

1/4 can (15oz)	Chickpeas, canned, drained (rinsed)
1/4 avocado(s)	Avocado
1/2 medium stalk(s)	Celery
1/2 green onion (stem)	Green onion, scallion, ramp (finely chopped)
1/4 tbsp	Lemon juice
1/4 pinch	Himalayan sea salt
1/4 dash	Black pepper
1 large leaf	Lettuce, butterhead (Boston) (or romaine lettuce leaves)

Instructions

Pour drained chickpeas into a medium bowl. Mash the chickpeas with a fork until about $\frac{1}{2}$ of the way mashed with some chunky peas mixed in.

Add in the avocado and continue mashing until well mixed and a consistency to your liking. The chickpea chunks will give it the feel of traditional egg salad.

Add celery, onions and lemon juice and stir until mixed. Add salt and pepper to taste.

Divide salad mix into 4 servings and spoon each serving into a lettuce leaf.

Tip: Top with sprouts, peppers, tomatoes, cucumbers, and enjoy!



Apple Sandwiches with Almond Butter and..

Prep	Cook	Ready in	Servings
5 min	0 min	5 min	1 (<i>originally 1</i>)

Ingredients for 1

1 medium Apple (cored and sliced into rings)
1 tbsp Almond butter
1 tbsp Granola

Instructions

Generously spread almond butter on one apple slice.

Sprinkle granola over almond butter and top with another apple slice.

Repeat using remaining apple slices and almond butter.



Carrot Avocado Rice Bowl

Prep	Cook	Ready in	Servings
10 min	5 min	15 min	1 (<i>originally 2</i>)

Ingredients for 1

1/2 cup	Brown rice, medium-grain, cooked (or sub quinoa)
1/4 medium	Yellow onion (diced)
1 clove(s)	Garlic (minced)
1/4 cup	Black beans, canned (drained, rinsed, organic)
1 tsp	Cumin
1/4 cup	Vegetable stock/broth
1/2 cup grated	Carrots
1/2 tbsp	Extra virgin olive oil (or camelina)
1 tbsp	Parsley, fresh (chopped)
1/4 avocado(s)	Avocado (cubed)
1/2 fruit	Lime

Instructions

Warm oil in a pan over low medium heat. Saute onions and garlic in pan until softened and fragrant. Add black beans, cumin and a 1/2 cup of vegetable broth and allow to simmer for 5 minutes covered and beans are warmed through and broth is reduced.

Divide rice between 2 bowls. Top rice with a layer of shredded carrots, beans and avocado. Garnish with parsley and dress each bowl with a healthy squeeze of lime juice. Salt and pepper to taste.

Enjoy!



Dairy-Free Hot Cocoa

Prep	Cook	Ready in	Servings
2 min	10 min	12 min	1 (<i>originally 2</i>)

Ingredients for 1

1 cup	Almond milk, unsweetened
1 tbsp	Cocoa powder, unsweetened
1/2 tbsp	Maple syrup (tbsp)
1 oz	Dark chocolate (at least 70% cacao)

Instructions

1. Add almond milk to a saucepan and heat it over medium-low heat. Once it is warmed through (not boiling), add the cocoa powder, maple syrup, and dark chocolate. Whisk well to combine.
DO NOT let almond milk reach a boil, it will degrade the ingredients and it won't taste very good.
2. Continue to whisk until all ingredients are evenly distributed and it has reached your preferred temperature. Taste, and add more maple syrup if needed. Divide into mugs and enjoy!

Notes:

- **Mint Hot Chocolate**
Add peppermint extract.
- **Cafe Mocha**
Add coffee and blend until a froth starts to form.

Grocery List

Snacks & Nuts

Almond butter	0.6 oz
Chia seeds	0.4 oz

Condiments

Extra virgin olive oil	0.3 fl oz
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Canned Food

Black beans, canned	2.1 oz
Chickpeas, canned, drained	3.7 oz
Vegetable stock/broth	0.1 box

Vegetables

Carrots	2.0 medium
Celery	2.5 medium stalk(s)
Garlic	0.1 bulb
Green onion, scallion, ramp	<0.1 bunch
Lettuce, butterhead (Boston)	0.1 head
Parsley, fresh	0.1 oz
Spinach	0.7 lb
Yellow onion	0.3 medium

Spices & Herbs

Black pepper	0.1 gm
Cumin	0.1 oz
Himalayan sea salt	0.1 gm

Cereals

Granola	0.2 oz
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Beverage

Almond milk, unsweetened	16.0 fl oz
Lemon juice	0.1 fl oz

Pasta & Rice

Brown rice, medium-grain, cooked	3.4 oz
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Fruits

Apple	1.0 medium
Avocado	0.5 avocado(s)
Banana	0.9 medium
Lime	0.5 fruit
Peach	1 medium

Baking.

Cocoa powder, unsweetened	0.2 oz
Dark chocolate	0.9 oz
Maple syrup	0.2 fl oz

Various Groceries

Hummus	2.2 oz
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