

Eat Clean Live Lean

Meal Plan

**8 Week
Meal Plan**



BRAD
GOUTHRO
FITNESS.com



• **BRAD GOUTHRO** •

with Danielle Prestejohn

Live Lean Eat Clean

Meal Plan

Pantry Staples:

You will need to have these on hand for every week:

- Olive oil, Coconut oil, and Sesame Oil
- Spices (Cayenne, Cinnamon, Paprika, Chili Powder, Cumin, Red Pepper Flakes, Oregano, ginger, cloves, allspice, Parsley, Cloves, Ginger, pumpkin pie spice, Sage, Fennel Seeds, Cayenne, vanilla extract, almond extract)
- Honey or a natural sweetener
- Baking powder
- Salt and Pepper
- Minced Garlic
- Coconut Aminos
- Arrowroot Starch
- Xanthan Gum
- Balsamic Vinegar
- Unsweetened cocoa powder
- Red Wine Vinegar
- Worcestershire sauce
- Tabasco sauce

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Meal Plan

Week One

	Breakfast	Lunch	Dinner	Snack
Mon	Pizza Omelet	Strawberry and Watermelon Kale Salad with Chicken	Turkey Chili	Kale Chips and Avocado
Tue	Tomato Basil Omelet	Leftover Turkey Chili	Stuffed Zucchini Boats	Hard boiled eggs and roasted baby carrots
Wed	Leftover Pizza Omelet	Leftover Stuffed Zucchini Boats	Autumn Spiced Pork Loin	Dreaming of Hawaii Sweet Potatoes
Thur	Buttery Kale and Eggs	Leftover Turkey Chili	Sweet Potato Veggie "hash" and egg	Kale chips and Avocado
Fri	Leftover Sweet Potato Veggie Hash	Leftover Pork Loin	Mango Coconut Stir Fry	Dreaming of Hawaii Sweet Potatoes
Sat	Gingerbread Pancakes	Leftover Stir Fry	Steak and Spinach Salad	Hard boiled eggs and roasted baby carrots
Sun	2 ingredient Pancake	Leftover Steak salad	Grilled and Chopped Summer Salad	Dreaming of Hawaii Sweet Potatoes

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Meal Plan

Week One Grocery List

Note: Amounts given are for one or two servings for each meal (depending on the need for leftovers). Be aware if you are cooking for a family you may want to follow the serving sizes listed for each recipe or multiply ingredients necessary on this list.

- 12 oz chicken breast
- ½ lb Steak
- ½ lb shrimp
- ½ pork loin (8 oz)
- ½ lb extra lean ground beef
- 1 ½ lbs extra lean ground turkey
- 1 ½ dozen eggs

Protein

- 2 cup mushrooms
- 4 small zucchini
- 3 large zucchini
- 1 yellow squash
- Fresh basil
- 4 cups baby spinach
- 9 cups fresh kale
- 1 cup cherry tomatoes
- 6 whole carrots
- 1 cup shredded carrots
- 3 Red bell pepper

Vegetables

- 2 heads Romaine Lettuce
- 2 cubanelle green peppers
- 1 shallot
- 3 celery stalks
- 2 plum tomatoes
- 1 cup of frozen corn
- 3 sweet potatoes
- 1 cup sugar snap peas (swap for broccoli if you are strict Paleo)

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Week One Grocery List

- 1 medium banana
- 2 medium strawberries
- 1 lime
- 1 apple
- ½ cup diced watermelon
- 1 cup pineapple chunks
- 2 avocado
- 1 orange
- 1 lemon
- 1 mango

Fruits

- 28 oz diced tomatoes
- 28 oz crushed tomatoes
- 4 oz can diced green chiles
- 1 cup beef broth

Canned

- Tomato Sauce (no added sugar)
- Coconut Flour
- Almond Flour
- Coconut sugar
- Blackstrap Molasses
- Almond butter
- Dried apple juice sweetened cherries (no sugar)
- Unsweetened coconut flakes
- Grass Fed Butter

Misc

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Meal Plan

Week Two

Mon

Tue

Wed

Thur

Fri

Sat

Sun

	Breakfast	Lunch	Dinner	Snack
Mon	Egg Muffins	Leftover Grilled and chopped salad	Turkey Bolognese	Frozen Almond milk blueberries
Tue	Buttery Kale and Eggs	Orange Sesame Chicken Salad	Paleo Stir Fry "complete with rice" and chicken	Baby carrots and avocado
Wed	Egg Muffins	Leftover Turkey Bolognese	Grilled Shrimp and Pineapple Skewers over Greens	Baked almond butter apple
Thur	Paleo Pancake Omelet	Fajita Chicken Salad	Spicy Southwestern Chicken and Spinach	Baby carrots and avocado
Fri	Buttery Kale and Eggs	Lettuce wraps with leftover spicy southwestern chicken and spinach	Turkey Meatballs and Zucchini "noodles" and sauce	Apple with cinnamon
Sat	Egg Muffins	Chicken apple sausage and strawberry salad	Baked not Fried chicken and roasted vegetables	Frozen almond milk blueberries
Sun	Pink Paleo Pancakes	Turkey Meatballs and Zucchini "noodles" and sauce (leftovers)	Zucchini Ribbon Pasta and Shrimp	Baby carrots and avocado

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Week Two Grocery List

Note: Lists are cumulative so what you should still have on hand from last week is not listed (for example: almond butter, almond flour, grass fed butter, etc...)

- 1 chicken apple sausage-with no sugar
(Applegate Farms and Trader Joe's both make good brands)
- 1 and $\frac{3}{4}$ lb Boneless Skinless Grilled Chicken Breast
- $\frac{1}{2}$ lb. Shrimp
- 1 lb lean ground turkey or extra lean ground beef
- 3 dozen eggs+ 4 egg whites

Protein

- 4 medium zucchini
- 1 large summer squash
- 3 small red bell peppers
- 1 small orange bell pepper
- 1 small container sliced mushrooms
- 6 cups fresh kale
- 1 cup shredded carrots
- 9 carrots
- 2 large bags fresh baby spinach
- 1 large collard leaf
- 1 small shallot
- 1 small spaghetti squash
- 2 cups cauliflower florets
- 1 cup fresh broccoli
- 1 pint cherry tomatoes

Vegetables

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Week Two Grocery List

- Strawberries
 - 2 small avocados
 - 1 orange
 - 1 lime
 - Lemon juice
 - Raisins
 - 2 apples
 - 2 cups frozen blueberries
 - 4 pineapple chunks
- Fruits**

- Salsa (with no added sugar)
 - 2-12 oz cans of crushed tomatoes
 - 1/2 small can tomato paste
 - 1/2 cup chicken broth
- Canned**

- Flax seeds
 - Sesame seeds
 - 1/2 tbs. blackstrap molasses
 - Unsweetened almond milk
- Misc**

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Meal Plan

Week Three

Mon

Tue

Wed

Thur

Fri

Sat

Sun

	Breakfast	Lunch	Dinner	Snack
	Buttery Kale and eggs	Leftover Baked not fried chicken and Roasted vegetables	Veggie stuffed burgers and baked stuffed sweet potatoes	Baked berries
	Banana Mug Cake	Spicy Turkey Lettuce Wraps	Chicken Cacciatore	Watermelon Slushie
	Tomato Basil Omelet	Leftover veggie stuffed burger and baked stuffed sweet potato	Spinach salad with Chicken, Orange, and Raspberry	Turkey Carrot Roll Ups
	2 ingredient pancake	Leftover Spinach salad with Chicken, Orange, and Raspberry	Turkey burgers with spinach and cranberry on Portobello buns	Almond butter baked apple
	Banana Mug Cake	Leftover turkey burger on a Portobello bun	10 minute Bolognese sauce over zucchini noodles	Turkey Carrot Roll ups
	Chia seed pudding and scrambled egg whites	Spicy Turkey Lettuce Wraps	Pear and Walnut Salad with Grilled protein of choice	Watermelon Slushie
	Green Egg Bake	Leftover pear and walnut salad	Orange Almond turkey cutlets with orange spinach	Pumpkin Pie for one

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Week Three Grocery List

Note: Lists are cumulative so what you should still have on hand from last week is not listed (for example: almond butter, almond flour, grass fed butter, etc...)

Protein

- 2 very thin turkey cutlets (cut in half)
- ¾ lbs lean ground meat
- 4 oz oven roasted turkey breast (pre cooked)
- 1 lb lean ground turkey breast
- 1 and ¼ lb boneless skinless chicken breasts
- 1 ½ dozen eggs

Vegetables

- 3 cups kale
- Fresh basil
- ½ cup cherry tomatoes
- 2 large bags or boxes fresh baby spinach
- 8 oz carrots
- 2 cups shredded carrots
- 1 sweet potato
- 2 medium zucchini
- 1/2 cup fresh broccoli
- 2 red bell peppers
- 1 small green bell pepper
- 1 extra small spaghetti squash
- 4-6 Rainbow chard leaves
- 4 Portobello mushrooms
- 4 cups fresh greens of your choice

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Week Three Grocery List

- 4 oranges
- 3 bananas
- 2 limes
- 1 pint of raspberries
- 1 pear
- 6 strawberries
- 2 cups chopped

watermelon

- 1 apple
- ¼ cup blueberries
- ½ cup blackberries

Fruits

- ¾ cup pumpkin
- ½ 14.5 oz can diced tomatoes
- ½ 6 oz can tomato paste
- ¼ can crushed tomatoes
- ¼- chicken broth

Canned

- Chia seeds
- Walnuts, ¼ cup
- Sliced almonds
- Unsweetened almond milk

Misc

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Week Four

	Breakfast	Lunch	Dinner	Snack
Mon	Egg and Pumpkin Muffins	Leftover orange almond turkey cutlet and spinach	Meat and Potatoes	Baby carrots and avocado
Tue	Hard boiled eggs and pumpkin spice mini muffins	Tomato Basil* soup and protein of choice	Grilled Shrimp Skewers with Spaghetti Squash	Coconut Brussels Sprouts
Wed	Egg and Pumpkin Muffins	Roasted Veggie Tacos and grilled chicken	Burger bowl with Kombucha squash and spinach	Hard boiled eggs
Thur	Three Minute Omelet	Leftover tomato basil soup and protein of choice	Turkey Ratatouille	Kale chips and avocado
Fri	Tomato Basil Omelet	Roasted Veggie Tacos and grilled chicken	Grilled peach and blueberry salad	Hard boiled eggs and roasted carrots
Sat	Egg and Pumpkin Muffins	Leftover grilled peach and blueberry salad	Beef and Broccoli Stir Fry	Baked Almond Butter apple
Sun	Hard boiled eggs and pumpkin spice mini muffins	Leftover Beef and Broccoli Stir Fry	Zesty Lime Carrot Bowl	Coconut Brussels sprouts

*Freeze the remaining soup for later weeks

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Week Four Grocery List

Note: Lists are cumulative so what you should still have on hand from last week is not listed (for example: almond butter, almond flour, grass fed butter, etc...)

- 1 ½ lbs Boneless Skinless Chicken Breasts
- ¼ lb lean ground meat
- 8 oz sirloin, sliced thin
- ½ lb extra lean ground turkey
- 4 oz steak
- 4 oz shrimp
- 2 dozen eggs

Protein

- 8 cups fresh baby spinach
- Fresh Basil leaves
- ½ cup cherry tomatoes
- 2 cups butternut squash
- 2 fresh collard green leaves
- 2-4 cups mixed greens of choice
- 1 small kabocha squash
- 2 cups fresh broccoli
- 1 red bell pepper
- 5 oz chopped mushrooms
- 4lbs quartered tomatoes
- ½ Bag of shaved Brussels sprouts (around 4 cups)
- 1 oz diced plum tomatoes
- Small spaghetti squash
- 3 cups shredded carrots
- 6 carrots
- 2 zucchini
- 2 cups fresh kale

Vegetables

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Week Four Grocery List

- ½ cup blueberries
- 1 apple
- 2 limes

- 1 peach
- 2 avocados

Fruits

- 1 can pumpkin
- 14.5 oz can crushed tomatoes

Canned

- Hemp Seeds
- 1/2 c. orange marmalade (100% fruit, with no added sugar)

Misc

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Week Five

	Breakfast	Lunch	Dinner	Snack
Mon	Egg Muffins	Strawberry and Watermelon Kale Salad with grilled chicken	Thai Coconut Chicken	English Muffin
Tue	Buttery Kale and Eggs	Zesty Lime Carrot Bowl	Pineapple Shrimp Stir Fry	Pumpkin Pie for One
Wed	Egg Muffins	Asian Chicken Lettuce Wraps	Chicken Jambalaya	Roasted baby carrots and avocado
Thur	Paleo Pancake	Strawberry and Watermelon Kale Salad with grilled chicken	Coconut lime Chicken	Turkey Carrot Roll Ups
Fri	Pumpkin pie for one	Leftover Chicken Jambalaya	Basil Lime Chicken over Greens	Chia Seed Pudding
Sat	Egg Muffins	Leftover basil lime chicken over greens	Paleo Stir Fry "complete with rice" and chicken	Roasted baby carrots and avocado
Sun	Banana Vanilla Bean Pancakes	Pumpkin risotto with roasted chicken	Portobello mushroom pizzas stuffed with lean ground meat	Three Minute Omelet

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Week Five Grocery List

Note: Lists are cumulative so what you should still have on hand from last week is not listed (for example: almond butter, almond flour, grass fed butter, etc...)

- 2 and $\frac{3}{4}$ lbs boneless skinless chicken breast
- $\frac{1}{4}$ lb lean ground meat
- 4 oz lean ground turkey
- $\frac{1}{4}$ lb chicken cutlets, thinly sliced
- $\frac{1}{2}$ lbs shrimp
- 2 oz oven roasted turkey
- 3 dozen eggs

Protein

- 4 $\frac{1}{2}$ cups fresh chopped spinach
- 2 medium zucchini
- 13 oz carrots
- 3 red bell pepper
- 1 small yellow bell pepper
- 7 cups fresh chopped kale
- 4 cups shredded carrots
- 2 large Portobello mushrooms
- $\frac{3}{4}$ cup white button mushrooms
- Fresh basil
- 1 $\frac{1}{2}$ cups fresh broccoli florets
- 5 cups fresh cauliflower florets
- 2 Collard green leaves
- 4 cups greens of choice

Vegetables

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Week Five Grocery List

- 2 small ripe bananas
- 2 strawberries
- 4 limes
- 1 cup diced watermelon
- 1 cup diced pineapple
- 1 orange
- 1 avocado

Fruits

- 1 can pumpkin
- 1 can light coconut milk
- ½ cup low sodium chicken broth
- 1-14.5 oz can diced tomatoes
- 1 small can crushed tomatoes

Canned

- Unsweetened almond milk

Misc

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Week Six

	Breakfast	Lunch	Dinner	Snack
Mon	Pizza Omelet	Leftover Pumpkin risotto with roasted chicken	Turkey Meatloaf Muffins and my two favorite sides	Hard boiled eggs and pumpkin spice mini muffins
Tue	Hard boiled eggs and pumpkin spice mini muffins	Leftover turkey meatloaf muffins and my two favorite sides	Grilled and Chopped Shrimp Salad and Confetti Mushroom Burgers	"English Muffin"
Wed	Pumpkin Pie for one	Salad topped with a leftover confetti mushroom burger	Cucumber, tomato and basil salad with baked not fried chicken	Baked berries
Thur	Pizza Omelet (leftovers)	Grapefruit Honey Salad with roasted chicken	Spicy Chicken Served with greens	Three Minute Omelet
Fri	Hard boiled eggs and pumpkin spice mini muffins	Spicy Turkey Lettuce Wraps	Zucchini Fries and Buffalo Chicken Meatballs	Sweet potato fries with avocado
Sat	Banana bread mug cake	Salad topped with leftover Buffalo Chicken Meatballs	Shrimp and Veggie Stir Fry Medley	Zucchini Fries (leftovers)
Sun	Chocolate almond butter cup & banana pancakes	Spicy Turkey Lettuce Wraps	Chicken Cacciatore	Hard boiled eggs and pumpkin spice mini muffins

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Week Six Grocery List

Note: Lists are cumulative so what you should still have on hand from last week is not listed (for example: almond butter, almond flour, grass fed butter, etc...)

- ¾ lb shrimp
- 1 ½ lbs lean ground turkey
- 1 lb boneless skinless chicken breast
- 1/2 lb lean ground beef
- 2 dozen eggs

Protein

- 10 cups fresh baby spinach or greens of choice
- 6 medium zucchini
- 2 cups sliced mushrooms
- 2 heads Romaine Lettuce
- 1 cup of frozen corn
- 2 plum tomatoes
- 1 Tomato
- ½ cup cherry tomatoes
- 1 small Cucumber
- Fresh Basil
- 3 red bell peppers
- 1 small green bell pepper
- 4-6 Rainbow chard leaves

Vegetables

- 1 ½ cups shredded carrots
- 1 extra small spaghetti squash
- Bibb Lettuce
- 1/2 cup sugar snap peas (If you're strict Paleo swap this for broccoli)
- Fresh Ginger
- 1 cup chopped and peeled butternut squash
- 1 small sweet potato

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Week Six Grocery List

- 3 small ripe bananas
- 2 avocados
- 1 small grapefruit
- 1 lime
- ¼ cup blueberries
- ½ cup raspberries
- ½ cup blackberries
- 1 orange
- ¼ cup diced pineapple
- 2 lemons

Fruits

- 1 can pumpkin
- 1 can crushed tomatoes
- ¼ cup low sodium chicken broth

Canned

- Unsweetened almond milk
- ¼ cup almond flour

Misc

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Week Seven

	Breakfast	Lunch	Dinner	Snack
Mon	Egg and Pumpkin Muffins	Chicken Jambalaya	Sheppard's Pie	Watermelon Slushie
Tue	Pizza omelet	Leftover Sheppard's Pie	Baked not Fried Chicken and Coconut Brussels Sprouts	Baked sweet potato fries and coconut butter
Wed	Egg and Pumpkin Muffins	Basil Lime Chicken over Spinach	Spicy Southwestern Chicken and Spinach	Three Minute Omelet
Thur	2 ingredient pancake	Leftover Baked not Fried Chicken and Coconut Brussels Sprouts	Taco Chicken tenders with kale chips and roasted carrots	Frozen almond milk blueberries
Fri	Pizza Omelet (leftovers)	Lettuce wraps with leftover spicy southwestern chicken and spinach	Cinnamon Squash and Spinach with protein of your choice	Pumpkin Pie for one
Sat	Egg and Pumpkin Muffins	Cinnamon Squash and Spinach with protein of your choice	Spaghetti and Meatballs	Chia Seed Pudding
Sun	Gingerbread pancakes	Leftover Spaghetti and meatballs	Eggplant "parmesan" stacks and grilled shrimp	Baked sweet potato fries and coconut butter

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Week Seven Grocery List

Note: Lists are cumulative so what you should still have on hand from last week is not listed (for example: almond butter, almond flour, grass fed butter, etc...)

Protein

- 1 and ½ lb boneless skinless chicken breast
- ¼ lbs shrimp
- ½ lb extra lean ground beef
- ½ lb lean ground turkey
- 8 oz protein of choice
- 2 ½ dozen eggs

Vegetables

- 8 cups fresh baby spinach
- 3 medium zucchini
- 2 red bell peppers
- 1 ½ cups mushrooms
- 1 large Collard leaf
- 1 Cup Butternut Squash
- 1/2 small eggplant
- 4 medium carrots
- 3 cups cauliflower
- Fresh basil
- 1 sweet potato
- ½ Bag of shaved Brussels sprouts (around 4 cups)
- 1 Bag of shredded carrots
- 2 cups fresh chopped kale
- 1 small spaghetti squash, precooked

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Week Seven Grocery List

- 1 ripe medium banana
- 3 strawberries
- 1 lime
- 1 cup chopped watermelon
- 1 orange
- 1 cup frozen blueberries

Fruits

- Apple juice sweetened dried cranberries (no added sugar)

- 1 can pumpkin
- 14.5 oz can crushed tomatoes
- 14.5 oz can diced tomatoes
- 6 oz can tomato paste
- 1 small can of peas (omit if strict Paleo)

Canned

- Unsweetened almond milk
- 2 tbs. coconut butter

Misc

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Meal Plan

Week Eight

	Breakfast	Lunch	Dinner	Snack
Mon	Egg Muffins	Cucumber, tomato and basil salad with grilled chicken	10 minute Bolognese with spaghetti squash	Kale chips and avocado
Tue	Buttery Kale and Eggs	Asian Chicken Lettuce Wraps	Turkey Chili	Three Minute Omelet
Wed	Egg Muffins	Leftover 10 minute Bolognese with spaghetti squash	Apricot Scallop Stir Fry	Turkey Carrot Roll Ups
Thur	Paleo Pancake	Leftover Turkey Chili	Turkey Meatloaf with rosemary carrots	Baked almond butter apple
Fri	Buttery Kale and Eggs	Tomato basil omelet with sweet potato fries	Perfect Steak	Kale chips and avocado
Sat	Egg Muffins	Spicy Turkey Lettuce Wraps	Tomato Basil soup with grilled shrimp	Turkey Carrot Roll Ups
Sun	Pumpkin Flax Pancakes	Grapefruit honey salad with roasted chicken	Mango Coconut Stir Fry	"English muffin"

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Week Eight Grocery List

- 1 lb boneless skinless chicken breast
- 1 lb extra lean ground turkey
- 4 oz oven roasted turkey (precooked)
- ¼ lb shrimp
- ¼ lb scallops
- ½ lbs lean ground meat
- 1- 4oz steak
- 3 dozen eggs

Protein

- 8 cups fresh baby spinach
- 1 small cucumber
- 1¼ cups cherry tomatoes
- Fresh basil
- 2 medium zucchini
- 10 cups fresh chopped kale
- Fresh ginger
- 2 medium carrots
- 2 red bell peppers
- 1 small spaghetti squash
- 1 collard green leaf
- 4 rainbow chard leaves
- 2oz chopped mushrooms
- 1 small sweet potato
- 1 cubanelle green peppers
- 1 shallot
- 2 celery stalks
- 1 small onion
- 8 fresh carrots
- 1½ cups shredded carrots
- 1½ cups sugar snap peas
(swap for broccoli if you are strict Paleo)
- ¼ bunch fresh asparagus

Vegetables

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Week Eight Grocery List

- 1 small ripe banana
- 1 small grapefruit
- 1 avocado
- 1 lime
- 1 apple
- 1 mango
- 1/4 cup diced pineapple

Fruits

- 1 can pumpkin
- 2-14.5oz can diced tomatoes
- 1-14.5 oz can crushed tomatoes
- 4 oz can diced green chiles
- 1/2 cup beef broth
- 6 oz can tomato paste

Canned

- 1/4 cup unsweetened almond milk
- 1/2 cup all natural apricot preserves

Misc