

OPAL NUTRIENTS GET CLEAN & LEAN PROGRAM

Food Outline

FRESH GREEN JUICE

Kale, Spinach, Celery, Cucumber & Apple

SALMON SALAD

Mixed greens with beets, quinoa & avocado

TOMATO & AVOCADO SALSA

Tomato, avocado, onions, cilantro with cucumbers

ALMONDS & CASHEWS

Enjoy a nutty snack

PB PROTEIN BALLS

GF Oats, Peanut butter (sunflower butter), chia seeds, agave

Remember to get creative with your meals, keep your food colorful and natural. You do not have to eat the meals listed above, these food outlines are just examples.

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