



FIT IS GETTING REAL

clean

7 DAY CLEAN EATING GUIDE

7 Day Meal Plan

*14 Full Recipes with
Instructions*

*Interactive Grocery &
Snack Check List*

Interactive Food Logs

with
Katelyn Scrivano



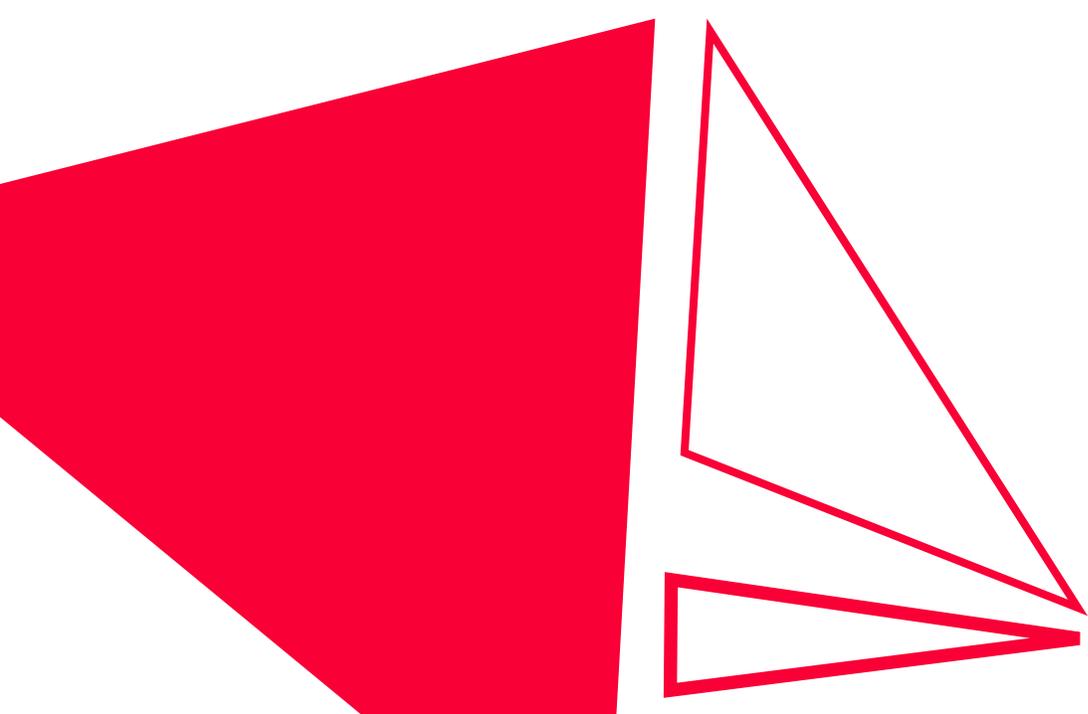


FIGR: CLEAN

The...

"I want to be able to eat healthy long term and feel good in my skin and have more energy but not restrict myself or count calories or follow a diet because I can never stick to those plus they don't work and I want to eat delicious food that I actually like for a change"

...way of eating



BEFORE YOU START

1) Join the FIGR Community via Facebook! Download any QR scanner in the app store then scan this QR code and follow the instructions:



2) The WEEK OVERVIEW provides an overview of each meal for each day throughout the 7 days. Full recipes will be included in RECIPES portion of the guide.

3) The GROCERY LIST and SNACK LIST are for you to see all the ingredients you'll need throughout the week. Some of these foods are optional, depending on what you use in each recipe and which snacks you choose! The checkboxes are INTERACTIVE, so when you're out shopping simply click the box to keep track of what you've put in your cart!

4) For each of the 7 days there is a FOOD LOG that you can print out and fill in yourselves. The PLAN column is what the PLAN says you should eat, whereas the ACTUAL column is where you write what you ACTUALLY ate (clever, yes). The ACTUAL column is also INTERACTIVE so that you can enter your food intake directly into the PDF file. Feel free to be as specific or general as you'd like (adding in measurements, ingredients, etc.). I have included a blank food log at the end of the PDF for those who want to use it in the future, or who want to switch up the plan.

5) This is based on a 2000-2300 calorie diet for active individuals, so feel free to modify portion sizes to your needs. It is better to decrease the portion size than to eliminate the meal or change the meal completely!

Check ingredients off your list by using the interactive check boxes!

GROCERY LIST

PROTEINS

Chicken (2 6oz breasts)
Shrimp (1 bag, frozen, uncooked)
Salmon (6-8 oz filet)
Ground Turkey (2 lbs)
Eggs (1 carton)
Deli ham (1 package)
Tuna (1 can)
Ground beef (1 package)

Zucchini (1 medium)
Spinach (8 cups)
Peppers (1-2 medium)
Cole slaw mix (1 bag)
Romaine lettuce beds
Grape tomatoes
Full tomato
Avocado (1-2 medium)
Green onions (1-2 bulbs)

VEGGIES

Onion (1 medium)
Celery (1 stalk)
Baby carrots (1 bag)
Mushroom (1 small box)
Asparagus (6-8 spears)
Broccoli (1-2 cups)
Cucumber (1 medium)

OTHER

Pasta sauce
Black beans (1 can)
Protein pancake mix
Sriracha sauce
Hummus
Pesto
Fresh garlic
Protein powder
Chickpeas (1 can)
Teriyaki/Soy sauce
Fresh Ginger
Balsamic Vinaigrette
Basil

Feta cheese
Goat cheese
Gorgonzola cheese
Cranberries
Pecans
Raspberry Vinaigrette
Sesame oil
Ghee butter
Rice milk

GRAINS

Ezekial muffins (1 box)
Van's waffles (1 box)
Protein pancake mix (1 bag)
Banza pasta (1 box)
Edamame pasta (1 box)
Rice (2-3 cups)
Whole wheat wraps (1 bag)

FRUITS

Apples
Bananas
Oranges
Grapes
Strawberries
Berries
Frozen berries (1 bag)

This list includes DOES NOT include the majority of the snack options listed on the next page! Make sure you bring the snack list to the store with you & choose which snacks you will be eating this week. Additionally, feel free to choose the veggies and fruits you like most. I have included all options for the stirfrys and omelette cups, but not all are mandatory.

SNACK LIST

Each day in the meal plan you'll see spaces for "snacks." To allow for some freedom, you can choose ANY of the following choices for those designated snack times. To get even crazier, I'm not going to include portion sizes. It's better to get in the habit of eating healthy snacks like these rather than focus on the exact sizes in my experience. You're smart. I trust you. And I know you want what's best for your body.

GRAPE TOMATOES

EDAMAME

CELERY & TESSAMAE'S RANCH

OLIVES

BERRIES

BELL PEPPERS & HUMMUS

GREEK YOGURT

HARD BOILED EGG

PISTACHIOS

RICE CAKE w PEANUT BUTTER

ORANGE

PICKLES

RAISINS

SNAP PEAS

PROTEIN BALLS

BANANA

ROASTED CHICKPEAS

KOMBUCHA

CARROTS & HUMMUS

CELERY

GRAPES

SLICED APPLE w LEMON

PROTEIN SHAKE

APPLESAUCE

RAISINS

SLICED CUCUMBER

TURKEY AVOCADO ROLL UP

RX BAR

CANTELOPE / MELON

CRUSHED IT

If you're reading this page, I hope that means that you just completed the 7 days of FIGR:Clean!! I'm sure you crushed it, and I'm sure you're feeling FABULOUS. What's next you ask? Read below for your options:

- 1) Print out these food logs for next week and continue to track your eating. Simply writing down your food and drink intake brings HUGE awareness to what you're actually consuming & will help you form healthy habits!
- 2) Better yet, repeat the 7 days again! And again, and again, until you refine your new healthy diet to become second nature.
- 3) Ready to add some killer workouts to the mix? I may be biased, but my clients aren't, and we can all agree that FIGR workout programs are INCREDIBLE and EFFECTIVE A.F. Check them out by heading to

www.katescrivfit.com

Email: katescrivfit@gmail.com

Instagram: [@katescrivfit@gmail.com](https://www.instagram.com/katescrivfit)

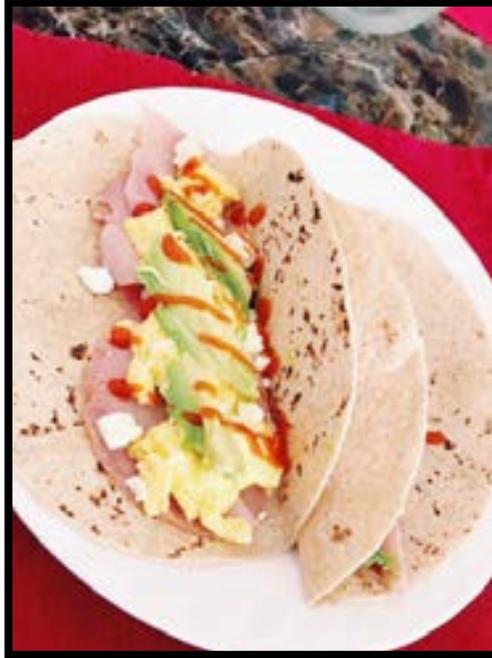
Facebook: [fb.me/katescrivfit](https://www.facebook.com/katescrivfit)



RECIPES



BREAKFAST WRAP



INGREDIENTS

2 whole wheat wraps
2 eggs, scrambled
Feta cheese
1/4 avocado
4 slices deli ham
Sriracha sauce

INSTRUCTIONS

- 1) Scramble eggs to your liking
- 2) Heat tortillas in pan or microwave to soften up (optional)
- 3) Fill the tortillas with the scrambled eggs, ham, feta, avocado and sriracha sauce

OMELETTE CUPS



INGREDIENTS

Eggs: (1 egg= 1 cup) – so however many you want to make, have that many eggs

Filling choices: ham, bacon, sausage, spinach, mushroom, kale, zucchini, summer squash, pepper, onion, broccoli, or anything you want to put in them! (try to avoid adding cheese though)

INSTRUCTIONS

- 1) Mix eggs in a bowl.**
- 2) Spray muffin tin. Add however much of whatever fillings you want in each tin.**
- 3) Pour eggs into each tin, stopping about 1/4 inch from the top.**
- 4) Cook in oven for 20 minutes (or until fully cooked through) at 350 F.**
- 5) Eat a few now, save a few for tomorrow, freeze the rest for later in the week!**

PROTEIN PANCAKES



INGREDIENTS

2 cups protein pancake mix
1 egg
1 tsp vanilla
1 1/2 cup almond or rice milk
frozen berries (optional)
maple syrup (optional)

INSTRUCTIONS

- 1) Mix all ingredients in a bowl until thoroughly combined. Feel free to add more almond milk if you like thinner pancakes, or more pancake mix if you like thicker pancakes.
- 2) Spray pan, then pour circular shapes onto pan or griddle. Place frozen berries on top and lightly push them into the batter.
- 3) Cook for about 1 minute each side on medium heat - again, feel free to cook for shorter or longer to your liking.
- 4) Top with maple syrup & enjoy!

****Some of my favorite pancake mixes include: Women's Best protein pancakes, Kodiak buttermilk Power Cakes, or for a paleo option I enjoy Birch Benders paleo pancake mix. I often add 1 scoop of Ancient Nutrition multi collagen protein (unflavored) for an even greater protein kick.**

EGG SCRAMBLE



INGREDIENTS

3 eggs
1-2 cups chopped veggies (choose any or all of the following): red/orange/yellow/green pepper, onion, mushroom, broccoli, tomato, spinach
2-3 slices of ham (cut into dices)
1/4 cup feta cheese (optional)
1 tbsp ghee butter

INSTRUCTIONS

- 1) Chop veggies and meat of your choosing.
- 2) After ghee butter has melted in pan on medium heat, add in the veggies & meat and cook for 5-10 minutes or until cooked through.
- 3) In a bowl, beat eggs until fully blended. Then pour into the pan with the other ingredients.
- 4) Mix everything thoroughly until eggs are fully cooked.
- 5) Plate, then top with feta cheese if desired.

TOMCADO SALAD



INGREDIENTS

10 cherry tomatoes (sliced in half)
1/3 cucumber (diced)
1/2 avocado (diced)
1/4 cup feta
1/4 cup crunchy onions
2-5 fresh basil leaves (chopped)
1 tbsp Balsamic vinaigrette

INSTRUCTIONS

1. Literally just throw everything into a Tupperware and shake it up until its all mixed together!

STRAWBERRY SALAD



INGREDIENTS

2-3 cups spinach
4-6 sliced strawberries
1/4 cup goat cheese
1/4 avocado
1/8 chopped onion
1/4 cup chopped walnuts (or almonds,
pecans)
2 tbsp dried cranberries
1-2 tbsp raspberry vinaigrette dressing

INSTRUCTIONS

1) Not too much instruction here, simply chop up all the ingredients and throw them in a bowl!

Side Tips: I personally like to cut up the spinach to make more of a chopped salad. Also make sure to cut the onions in thin & small slices so that they don't overpower the flavor of the other ingredients.

Tip Prep: I put the spinach, goat cheese, cranberries, and baggie of salad dressing in each container. Then the morning of I'll add in the walnuts, onion, strawberries and avocado (still with the outer shell on it until lunch time). By doing this the salad stays fresh for longer and still saves time during the week!

TURKEY BURGER



INGREDIENTS

1 lb ground turkey
1 egg
1/3 cup finely chopped onion
1 garlic clove, minced
1 avocado
1 bag cole slaw mix
lettuce beds (1 for each burger)
1/4 cup mayonaise
1 tbsp sriracha (or to desired taste)
salt & pepper (dashes of each)
1 tbsp olive oil

INSTRUCTIONS

- 1) In a mixing bowl, fully mix the ground turkey, egg, chopped onion, garlic, salt and pepper together.
- 2) Shape meat into patties. Over medium heat, heat olive oil then cook each side of the burger for 5-10 minutes, or until fully cooked through.
- 3) In a separate mixing bowl, combine cole slaw mix with mayonaise and sriracha and mix until fully combined.
- 4) Break lettuce bed in half (or use 2 whole ones) and first add coleslaw mix. Top with the turkey burger, then add avoacdo on top (about 1/4 per burger). Feel free to add more sriracha on top.
- 5) Eat it open faced or burger-style & enjoy!

ASIAN TURKEY BOWL



INGREDIENTS

1 lb ground turkey breast
2 cups coleslaw mix
1 egg
4 garlic cloves
1 tbsp grated ginger
3 green onions
1/2 tbsp olive oil

Instructions

- 1) Heat about 1 tbsp olive oil in pan on medium heat. Add in ginger and garlic.
- 2) Immediately add ground turkey and break into small pieces. Cook until completely opaque (no pink parts).
- 3) Push turkey to one half of the pan, and on the open side add a splash (about 1/2 tbsp) of sesame oil.
- 4) Add in coleslaw. Top with soy sauce and sriracha.
- 5) Mix all contents of the pan together. Add more coleslaw mix if you'd like, and continue to add more sriracha and soy sauce to your liking as well.
- 6) Once all is fully mixed, leave an opening in the middle and crack the egg. Scramble and cook it fully in the middle before mixing it with the rest of the ingredients.
- 7) Remove everything from the pan and put in serving bowl. Top with thinly sliced green onion and sesame seeds (to your liking).

ROASTED CHICKPEAS



INGREDIENTS

1 can chickpeas
1 tbsp oil
onion powder
garlic powder
cumin
paprika

INSTRUCTIONS

- 1) Heat oven to 400 F.
- 2) Open can of chickpeas, strain and rinse through with water, and pat dry.
- 3) Spread chickpeas on a baking sheet and coat evenly with olive oil.
- 4) Sprinkle with seasonings. You can add as much or as little as you'd like, and in whatever ratios as you'd like as well!
- 5) Put in oven for 25-30 minutes, or until noticeably crunchy. Make sure you stir the chickpeas around every 10 minutes or so while baking so that all sides cook evenly.
- 6) Take them out of the oven and let cool, then eat however you'd like. Use as a salad topper, bag them up for lunches or eat them as a healthy snack – you can't really go wrong with this one!

EDAMAME PASTA WITH PESTO



INGREDIENTS

Edamame pasta
1/2 cup pesto
Orange and red pepper (1/4 of each, 1/2
pepper total), sliced
1/2 cup Mushrooms, chopped
3 garlic cloves
Garlic powder (light sprinkle)
Salt (light sprinkle)

INSTRUCTIONS

- 1) Cook pasta according to box.
- 2) Heat olive oil in a pan on medium heat.
- 3) Cook pepper and mushroom in pan for about 10 minutes or until softened. Sprinkle in garlic powder, salt and pepper at about the half way point (5 minutes or so). Add in minced garlic as well.
- 5) Strain the pasta and put it in a bowl. Add pesto (as much or as little as you want) and mix evenly throughout the pasta. I used about 1/2 cup of pesto.
- 6) Top with veggies and you're all set!

BURRITO BOWL



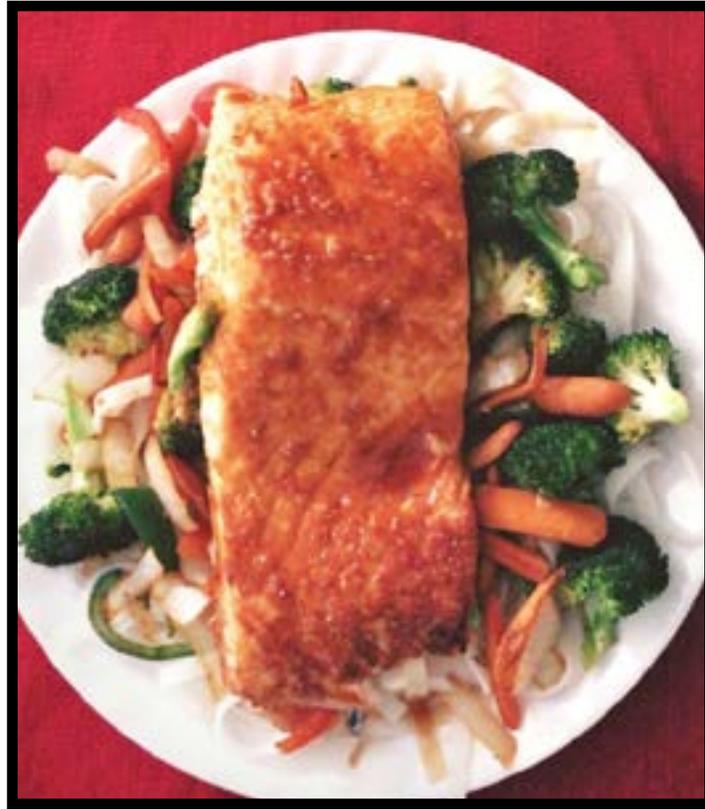
INGREDIENTS

1 Minute rice cup
Lean ground turkey (I use Jenny-O's)
Taco seasoning
1/4 can black beans
1/2 Avocado
Cherry Tomatoes (handful)
Salsa

INSTRUCTIONS

- 1) Cook ground turkey on stovetop (medium heat) until there is no more pink coloring. Then add taco seasoning to your preference. Mix in evenly.
- 2) Microwave 1 Minute rice cup.
- 3) Chop up avocado, lettuce, tomatoes.
- 4) Add black beans.
- 5) Top with salsa (not pictured).
- 6) Mix it all together and enjoy!

MAPLE SRIRACHA SALMON



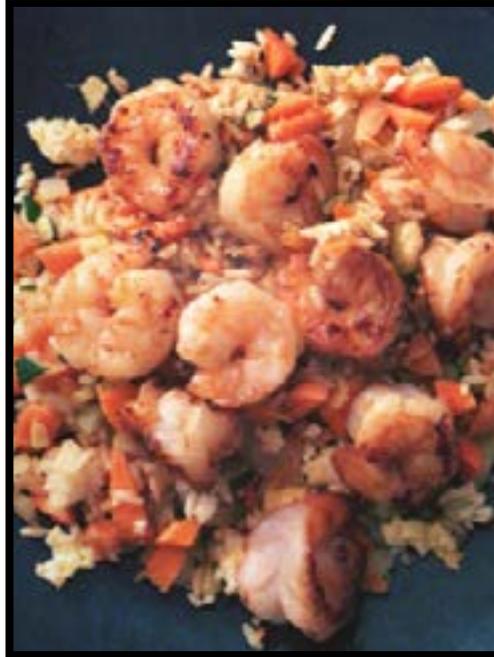
INGREDIENTS

1 large salmon filet
dash of salt and pepper
1 tbsp. butter
1/4 cup maple syrup
2 tbsp. sriracha sauce
1 tsp lime juice
2 tsp. liquid aminos (or soy sauce)
2 tsp. teriyaki sauce
1 minced garlic clove

INSTRUCTIONS

- 1) Preheat oven to 400 degrees F.
- 2) Line baking sheet with aluminum foil, lightly spray with cooking spray, then place the salmon on the sheet.
- 3) Lightly sprinkle salt and pepper on the salmon.
- 4) In a saucepan, melt butter, maple syrup, sriracha sauce, lime juice, liquid aminos, teriyaki sauce and minced garlic until boiling. Then remove from stove and let it simmer on its own for about 3 minutes. Make sure to continue stirring the mixture while its cooking and sitting.
- 5) Pour 2/3 of the mixture over salmon. Fold edges of aluminum foil around the salmon to prevent the sauce from spilling out everywhere.
- 6) Cook in oven for about 13 minutes. Then broil for 3-5 minutes. Keep an eye on the salmon to make sure it doesn't burn.
- 7) Remove salmon from foil and plate it, then pour the remaining mixture on top. Serve with rice & veggies!

SHRIMP VEGGIE RICE STIRFRY



INGREDIENTS

8-10 shrimp
1 cup rice
6-8 baby carrots
1/4 cup chopped onion
1/4 cup chopped zucchini
ghee butter
1 tbsp teriyaki sauce
1 tbsp soy sauce

INSTRUCTIONS

- 1) Let shrimp completely thaw under hot water, then remove the shells and let dry on a paper towel.
- 2) Finely chop carrot, onion, zucchini, or any other vegetables you'd like to add to the mix.
- 3) Cook raw rice according to package, or use a Minute Rice Cup for ease.
- 4) Let ghee butter melt in the pan on medium heat, then add vegetables. Let them cook on medium heat for 8-10 minutes. Then turn the heat to high to sear the outsides. Once the vegetables are almost to your liking, add splashes of teriyaki and soy sauce.
- 5) In a separate pan, let ghee butter melt on medium heat before adding the shrimp. Let shrimp cook on one side until the underside turns opaque, then flip sides. Once both sides are fully opaque, add in splashes of teriyaki and soy sauce and turn heat to high to sear the outsides.
- 6) Combine cooked rice, shrimp and vegetables into one pan and mix evenly.

BANZA PASTA WITH VEGGIES



INGREDIENTS

1/2 box Banza pasta
1/2 cup pasta sauce
1/4 cup chopped mushrooms
1/8 cup chopped onion
1/8 cup chopped carrot
parmesan cheese (optional)
garlic salt

INSTRUCTIONS

- 1) Cook Banza pasta according to box**
- 2) Chop mushrooms, carrots, onion, or any other vegetable you'd like to add**
- 3) Saute vegetables in ghee butter until softened**
- 4) Once pasta is done, strain out the water and add to a bowl. Top with garlic salt, vegetables, pasta sauce and optional parmesan cheese.**

MISCELLANEOUS



Ezekiel Muffins



Van's Waffles



Tessemae's Dressing



Shakeology



Legion Whey+

Shakeology link:

www.teambeachbody.com/shop/b/shakeology?referringRepID=606337

Women's Best Discount:

www.womens.best/katescrivfit

+ code KATESCRIVFIT10

Legion Discount:

https://legionathletics.com/?tap_a=20503-c288cf&tap_s=295900-2e25dc

DAY 1

Date: _____

TIME	PLAN

TIME	ACTUAL