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There are 12 meals in this free meal plan and each meal is designed to be healthy, delicious, AND under \$3 per serving that s pretty hard to argue with! A Sampling of Meals Included (Full meal plan includes 12 meals):

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We deliver FREE healthy meal plans to your inbox weekly. The meal plans include recipe links, a grocery shopping list, prep guide and substitution list!

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31 Day Healthy Meal Plan Cooking Light

Use free time on Saturday and Sunday to plan ahead for weekday meals. Make a double batch of the chicken, freeze half for the 27th, and make a second serving of couscous and add to salads for a quick whole-grain lunch throughout the week.

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These healthy, easy-to-follow Clean Eating meal plans take the guesswork out of mealtime and keep your clean eating diet on track. Five balanced mini meals a day comprised of fresh seasonal fare ensure that your metabolism is always fired up.

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