



EATING CLEAN BASICS

1. Lean protein, veggies, fruit
2. Eliminate processed/refined foods... Think of how many "steps" have been taken since it was grown or alive. Keep those "steps" to a minimum!
3. Increase protein intake to ~20g/meal for women or ~40g/meal for men.
4. Ideal nutrient breakdown: approx 50% carbs/30% protein/20% fat
5. Post-workout is the best time to eat carbs, if you're going to have them.
6. *Recommended:* Take a good multi-vitamin
7. *Recommended:* Take a reds/greens supplement
8. *Recommended:* Take a fish oil/omega-3 supplement

BREAKFAST

Eggs

Great add-ins: 1 tbsp ground flax seed, ¼ - ½ cup cottage cheese

- Scrambled eggs with veggies (spinach, onion, olives, tomatoes, broccoli, cauliflower, carrots, etc.)
 - Optional: 1 oz cheese, ½-1 oz meat (sausage, ham, bacon, etc). Limit meat... add for flavor only
- Omelettes
- Baked eggs/muffins/cupcakes
- Egg sandwich in lettuce

Oatmeal

Regular, NOT instant. Mix ½ scoop protein powder with coconut, almond, or soy milk OR water & below options, then microwave 1 ½ – 2 minutes.

- **Raisin/Craisin & Spice:** 6-7 walnuts or pecans, crumbled, 1 tbsp ground flax seed, and 2 tbsp raisins or raisins & cinnamon/nutmeg/allspice to taste. Cook & eat.
- **Apple & cinnamon:** Chop ½ an apple, add cinnamon & 6-7 nuts if desired. Cook & eat.
- **Tropical:** Add Add 1-2 tbsp flaked coconut, some pineapple, & nuts, if desired. Cook oatmeal. Slice up ½ a banana and mix into oatmeal.

Shakes

Add 1tbsp ground flax seed to any of your protein shakes. Make with water, coconut/almond/soy milk or milk.

- **Banana-Strawberry:** 1 scoop protein powder, frozen strawberries, 1 tbsp ground flax seed.
- **Almond Joy:** 1 scoop protein powder, cocoa powder, 4-5 almonds, 1 tbsp ground flax seed. ¼ tsp almond extract.
- **Blueberry Antioxidant Special:** 1 scoop protein powder, 1 tbsp ground flax seed, frozen blueberries, spinach (fresh or frozen).

LUNCH

Salad

Think of your favorite meal... then make it into a salad

- Spinach, with chicken, onions, tomatoes, corn, cilantro sauteed & placed on top.
- Greens with pre-cooked chicken, raw veggies, cottage cheese, 1 tbsp BBQ sauce
- Salad mix with tuna, veggies, cottage cheese, Frank's hot sauce

Wrap

- Same as salad options
- chicken with raw spinach & veggies
- tuna with raw spinach & veggies

Soup

Easy to make a big batch ahead of time...

- Broth base
- Blend cooked veggies, lentils, or beans with liquid (broth, non-dairy or dairy milk, water, etc)
- Add veggies/spices/meat, etc.
- Gazpacho

DINNER

Get creative!

- Same options as lunch or breakfast
- Ethnic foods
- Sauce ideas:
 - Use your blender, frozen veggies & liquid (like soup base), then flavor accordingly
- Pasta ideas:
 - Use sliced/steamed veggies in pasta shapes in place
 - lasagna/fettucine shape: zucchini, carrots, yellow squash
 - spaghetti: spaghetti squash—just bake in oven then scoop out
- Eat "normal" dishes, but replace processed foods with veggies and/or fruit

SNACKS

- apple + 7-8 almonds

- other fruit & other nuts
- Chopped apple & pear with peanuts. yummm
- edamame
- plain yogurt + vanilla extract + walnuts + coconut
- banana
- grapefruit + coconut + pecans... heated/baked
- cottage cheese & fruit
- cottage cheese & tomatoes
- Protein bars with yogurt & fruit. **Protein bar recipe:**
 - ½ jar peanut butter
 - a little honey over the top
 - Stick in microwave long enough to soften the PB
 - oats—roughly ½ cup
 - vanilla protein—about 4-5 scoops
 - rice krispies—just a little
 - ground flax seed—a couple tbsp
 - Mix, press into pan & refrigerate