



5-Step Guide:

Clean Eating Made Easy

"Fun & Simple Ways to Clean Up Your Plate!"





Step 1: Choose Whole Foods

The Scoop:

Whole foods are foods in their most natural state—no funny business, no weird additives. Think fresh fruits, veggies, nuts, seeds, and whole grains like quinoa and brown rice. Basically, if it grows from the ground or falls from a tree, you're golden!



Why It's Awesome:

- *Packed with nutrients, fiber, and antioxidants.*
 - *No hidden chemicals or preservatives.*
- *Keeps you full longer and stabilizes energy levels.*

Examples:

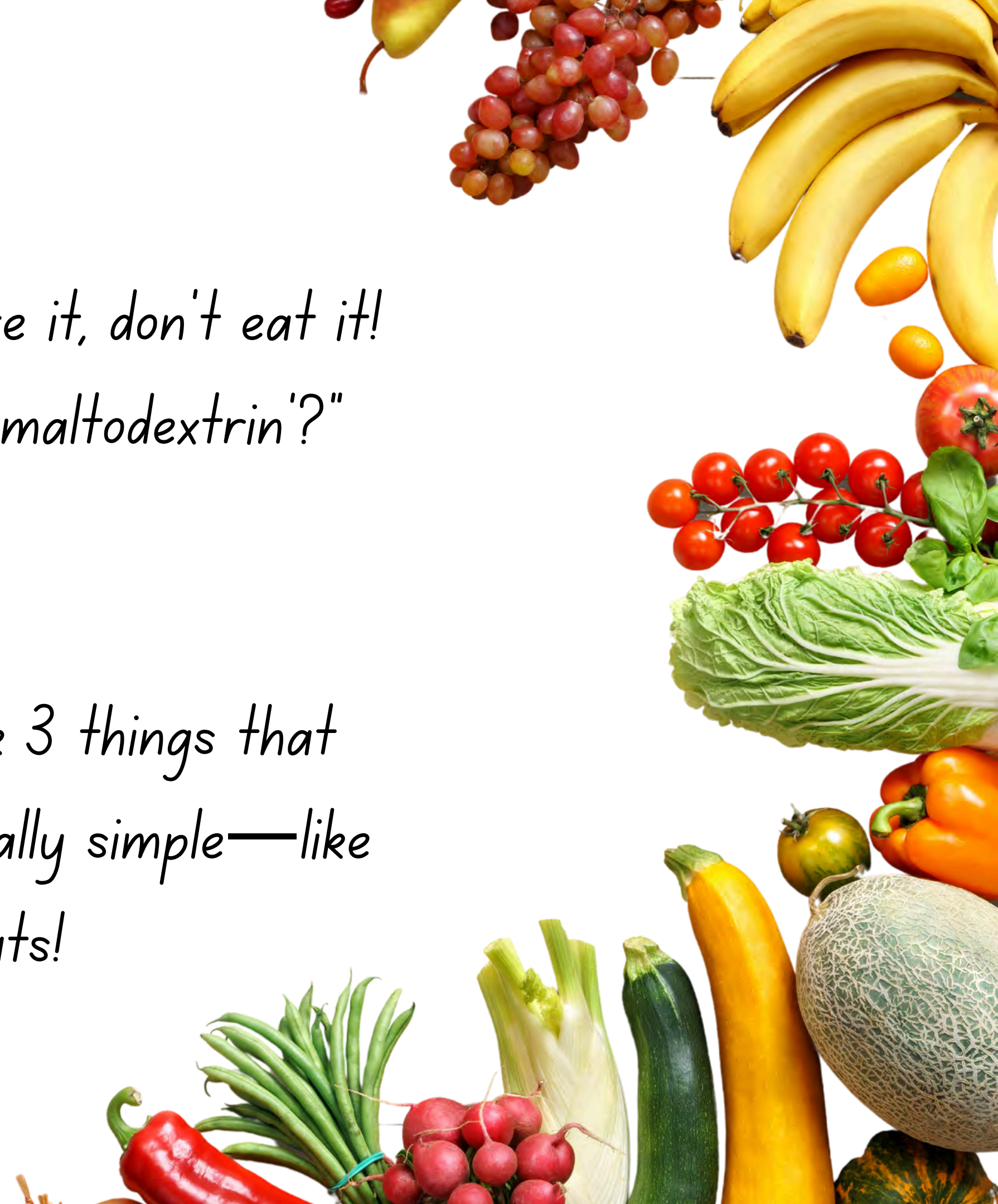
- *Whole Foods: Apples, spinach, almonds, oats, sweet potatoes.*
- *Not-So-Whole Foods: Apple-flavored fruit snacks, potato chips, sugary cereals*

Reality Check:

*"If your great-grandma wouldn't recognize it, don't eat it!
Seriously, did she ever bake a pie with 'maltodextrin'?"*

Fun Challenge:

*Next time you're grocery shopping, pick 3 things that
don't need a label because they're naturally simple—like
bananas, avocados, or walnuts!*





Step 2: Go Non-GMO

The Scoop:

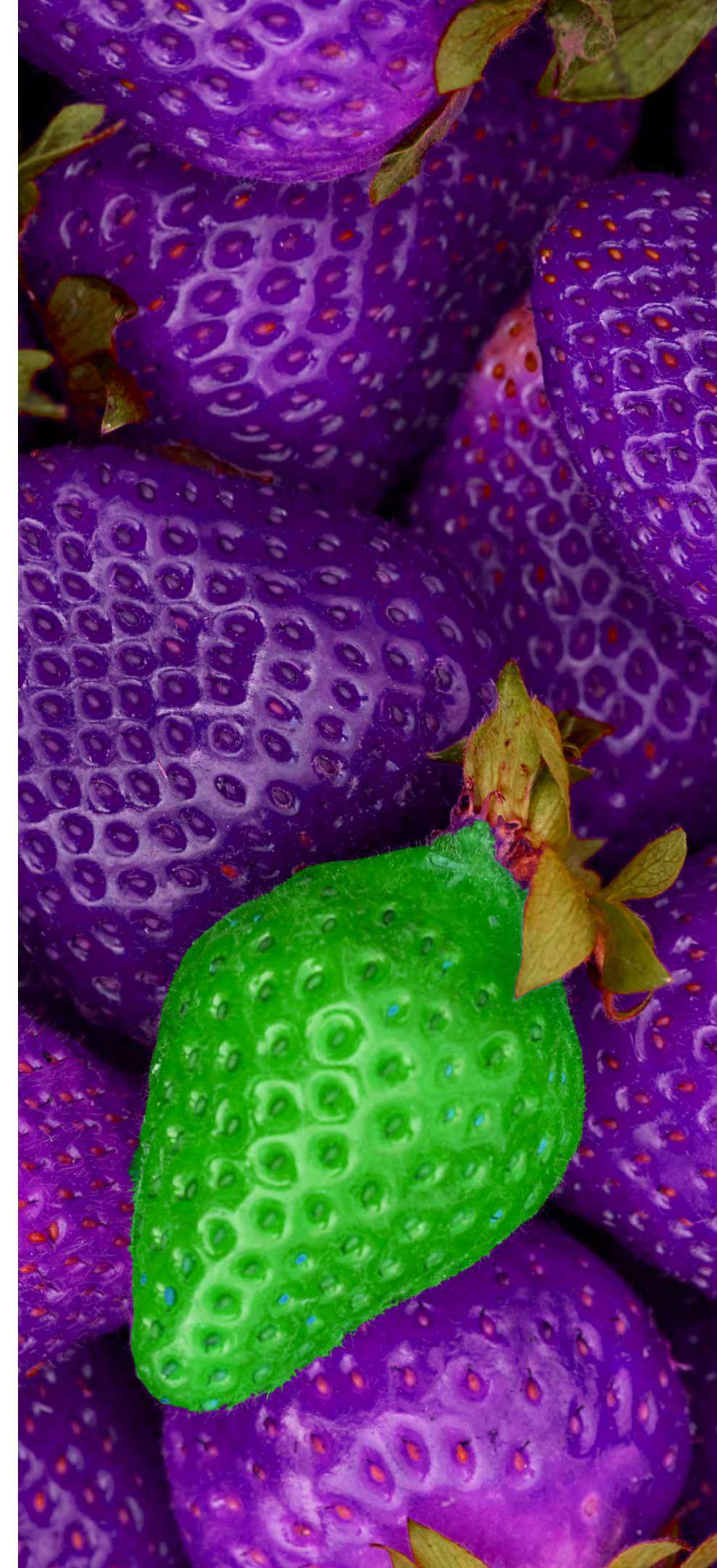
Non-GMO foods are grown just as Mother Nature intended—no genetic tweaking, no funny lab experiments. These are crops that haven't been modified to resist herbicides or grow larger than life.

Why It's Awesome:

- Avoids exposure to potentially harmful pesticides.
- Protects biodiversity and supports eco-friendly farming.
- Keeps food closer to its natural form, maintaining its nutritional integrity.

How to Spot Them:

Look for the Non-GMO Project Verified seal. It's a little butterfly icon that's your ticket to non-mutant foods!



Fun Fact:

GMOs are like bad plastic surgery... still technically food, but just not quite right!

Fun Challenge:

Swap out one common GMO product (like corn or soy) for its non-GMO version this week. Try organic popcorn or non-GMO edamame!



Step 3: Ditch the Dairy

The Scoop:

No other species drinks milk after infancy... let that sink in. Dairy can be inflammatory and cause digestive issues for many people. But don't worry—there are delicious, plant-based alternatives that won't leave you missing your old milk mustache!



Why It's Awesome:

- Reduces inflammation and digestive discomfort.
- Packed with nutrients like calcium and vitamin D from plant sources.
- Supports sustainable and cruelty-free choices.

Awesome Alternatives:

- Almond Milk – Light and nutty, great in smoothies.
- Oat Milk – Creamy and perfect for coffee or baking.
- Coconut Milk – Rich and flavorful, great for curries and desserts.





Lightbulb Moment:

"No cows were milked in the making of these!"

Fun Challenge:

Try one new plant-based milk this week. Pro tip:

*Start with oat milk—it's creamy and delicious
in coffee!*

Step 4: Select Cleaner Meats

The Scoop:

Not all meats are created equal. Choose wild-caught fish and pasture-raised poultry over farm-raised options. Why? Because wild and pasture-raised animals are raised in their natural habitats, leading to healthier, leaner meats without the funky stuff like antibiotics and hormones.





Why It's Awesome:

- *Higher in omega-3 fatty acids and essential nutrients.*
- *No antibiotics, hormones, or artificial additives.*
- *More ethical and sustainable farming practices.*

What to Look For:

- *Wild-Caught Fish – Grew up in the ocean, not in crowded tanks.*
- *Pasture-Raised Poultry – Roamed freely, eating a natural diet.*
- *Grass-Fed Beef – If you eat red meat, this is the cleanest choice.*

Reality Check:

*"Wild-caught is the superhero of meats.
Farm-raised... more like the couch potato."*

Fun Challenge:

*Make one swap this week! Choose wild-caught
salmon instead of farm-raised or pasture-
raised chicken instead of conventional poultry.*



Serving Size 1/4 pizza (151g)
Servings Per Container 4

Amount Per Serving	
Calories 360	
Calories from Fat 140	
% Daily Value*	
Total Fat 15g	23%
Saturated Fat 6g	30%
Trans Fat 0g	
Cholesterol 30mg	10%
860mg	36%
Carbohydrate 41g	14%
Fiber 2g	8%
4g	
4g	18%
5%	Vitamin C 6%
%	Iron 15%

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Step 5: Read Labels Carefully

The Scoop:

Food labels can be tricky, but learning to read them is like having a superpower! The shorter the ingredient list, the better. Avoid artificial additives, preservatives, and chemicals you can't pronounce.

Why It's Awesome:

- Avoids harmful chemicals and artificial ingredients.
- Keeps your body and mind functioning at their best.
- Empowers you to make informed food choices.

What to Watch Out For:

- Hidden Sugars: Corn syrup, fructose, sucrose... all fancy words for sugar.
- Artificial Additives: Colors (Red #40, Yellow #5), flavor enhancers (MSG).
- Preservatives: BHA, BHT, sodium benzoate.



Lightbulb Moment:

"If it's got more syllables than your favorite tongue-twister, skip it!"

Fun Challenge:

Pick one packaged food from your pantry and read the label. Can you pronounce every ingredient? If not, swap it out for a cleaner version next time you shop!





Ready to Clean Up Your Plate?

Small changes add up to big results! Start with one step today and build from there.



Challenge: Pick One Step to Try This Week!

- *Which step will you start with? Share your choice on social media with #NutriSchelleCleanEating and tag us!*
- *Want to understand your relationship with Food? Reach out!*

NutriSchelle is here to help you make clean eating fun and easy.

Want More Tips?



*Join our community at NutriSchelle for ongoing support,
fun challenges, and even more clean eating inspiration!*

yes2nutrischelle.com



“Let’s clean up our plates together—one fun step at a time!”