



Creating  
Legacy  
Wellness

# Clean Eating Challenge

# 7-DAY CLEAN EATING CHALLENGE

## THE BASICS OF CLEAN EATING

Before looking at meal ideas and other tips for a clean eating lifestyle, you should hone in on what exactly this type of diet is going to do for you. The following information goes over clean eating, what is allowed and not allowed, and basically how it works.

### **THE SIMPLE RULES OF CLEAN EATING**

A good place to start with clean eating is to learn about the simple and basic rules involved with this lifestyle. In general, you are focusing more on healthy, whole, and fresh foods. Instead of counting calories or cutting your carbs, you are simply trying to cook more, using fresh ingredients, and avoiding highly processed foods. This means grating your own cheese, no longer using canned fruits and veggies, and only having eggs or dairy that is from free-range or grass-

fed animals. With a clean eating lifestyle, you should be cooking most meals on your own and reducing your saturated fats and trans fats. You also want to reduce your caffeine and alcohol intake as much as possible.

## GO FOR FRESH PRODUCE

With clean eating, produce is going to be a big part of your diet. You can also have some carbohydrates and plenty of protein, but fruits and veggies are a good portion of your meals, particularly with lunch and dinner. You want to have fresh produce as much as possible. This means even trying to reduce how often you turn to frozen veggies and get them in the produce section and slice them up yourself. To save money and have a larger selection, try finding local farmer's markets.

## AVOID PROCESSED FOODS

Processed foods are a major no-no on the clean eating diet. You want to use as many natural and fresh ingredients as you can. If it comes in a package, consider whether there is a more natural version of that ingredient. Shredded cheese comes in a block of cheese you grate yourself, for example. Plus, you should only have dairy when it is from a grass-fed cow. These are good examples to start with.

## START COOKING MORE

As you can see, cooking is a major component to eating clean. It would be very difficult to do if you were not cooking on a regular basis. You don't need to be a natural chef, but you should be able to follow a simple recipe. If you don't have a lot of time to prep and cook, invest in some appliances that help the process go faster, such as a food processor for chopping, and a slow cooker to cook your meals during the day while you are at work or school.

# THE DO'S & DON'TS WHEN STARTING WITH CLEAN EATING

If you are brand new to clean eating, you might be getting a little overwhelmed with all the information out there. There is a lot to learn, from what you can and can't eat, to how much, how to read labels for ingredients, and when to exercise. Here is a simple list of some do's and don'ts that will help you navigate this new healthy lifestyle.

## THE DO'S

First up, let's talk about what you can do while you are clean eating. These are some easy tips and guidelines to live by to help eating clean work best for you.

**Eat Breakfast Daily** – With clean eating, you want to have enough fuel to get you through the day, so make sure you are having breakfast each morning. Having a protein shake, smoothie, or oatmeal is totally fine. Just put something in your body within the first hour of waking.

**Eat More Frequently, Smaller Meals** – To keep your metabolism up and increase fat burning, eat smaller meals, but more frequently. Instead of three larger meals a day, split up your calories and other macros into 5-6 meals a day, including a snack or two.

**Meal Prep and Plan** – It is vital that you are fully prepared for anything that might come up, which starts with planning all meals and snacks. If you plan on going on a hike or traveling, have plenty of clean eating snacks you can bring with you.

**Choose Natural Fruit Sources** – Instead of having added sugar in your diet, go for natural sugar sources, like raw honey or fresh fruit.

## THE DON'TS

There are also some common mistakes people tend to make while eating clean. Here are some of those important 'don'ts' to keep in mind.

**Eat Packaged Foods** – One of the simplest ways to eat cleaner is to avoid packaged and processed food. This means skipping all those bags of chips and crackers, packaged cookies, and processed carbs like white rice and white pasta. Stick to stuff you can make or bake from scratch.

**Drink Empty Calories** – There is no reason you should be drinking soft drinks and sugary fruit juice during the day. These are definitely not clean, have no nutritional value, and are just adding on the calories and fat you don't need. Instead, stick to water, tea, some coffee, and juice you make at home.

**Skip the Healthy Fats** – While you want to avoid excessive amounts of fat like from butter, margarine, and red meat, other fats are healthy and can keep you full. Don't forget to add in healthy fats like nuts, seeds, coconut oil, and avocados.

# GROCERY SHOPPING FOR CLEAN EATING

The clean eating diet is a simple diet that just takes a little tweaking to your current favorite meals. One thing you will need to get used to is how you grocery shop. Here are some tips for managing the grocery store and avoiding all those processed goodies at the same time.

## **ALWAYS BRING A LIST**

There is absolutely no avoiding this – you need a list. Your grocery list should be as detailed as possible, listing all ingredients for every meal you have planned this week. If you have any ingredients that you aren't 100% sure your store will have, it might be a good idea to include some alternatives as well on the list so that meal will be complete. With a list in hand, you can be sure you only buy what is on your list and avoid all those temptations you might come across.

## **START IN THE PRODUCE SECTION**

Since a good portion of your list is probably fruits and vegetables, you should start shopping in the produce section. Get all of your fresh produce here first, including things like the healthier salad dressings, hummus, and cheese that is often found in this section. If you are picking up nuts and seeds, you might find them in the produce section as well, especially if you are looking for the raw, organic varieties.

## **SHOP THE PERIMETER OF THE STORE**

Once you are done in the produce section, which should be at one end of your supermarket, it is time to shop the perimeter. This means most of your food is around the outer edges of the grocery store. You should only need to go to the middle aisles for certain ingredients like grains and oils. The majority of middle

aisles have packaged and processed foods that you are trying to avoid while clean eating, so it is best to avoid the temptation. The perimeter of the store is where you will find your produce, dairy (if you eat it), eggs, meat, and seafood.

## **ONLY GO TO MIDDLE ISLES FOR NECESSITIES**

Lastly, head to those scary middle aisles, but only go to the ones you absolutely need. Get out of the habit of walking down every aisle out of curiosity. This is often where you get into trouble. If you aren't getting oatmeal, avoid the cereal aisle. If you don't need any snacks, don't even bother with the aisle that has chips and crackers.

# CLEAN EATING FOOD SWAPS TO MAKE YOUR LIFE EASIER

The clean eating diet is more of a lifestyle than a diet, as it is something you can stick with for the rest of your life. There are many ways to eat cleanly, from skipping dairy to going vegetarian or even vegan. To simplify the process in the beginning, it helps to know what foods you eat now that you are replacing with cleaner versions. Here are some simple clean eating food swaps to keep in mind.

## FRUIT INSTEAD OF JUICE

If you love to have your fruit juice, it is time to switch it up and have just regular fresh fruit instead. You get to go right to the source of your favorite juice, whether it is oranges or apples, having all that yummy and nutritious fruit “juice” without the added sugars and preservatives. You can also juice yourself with various fruits and vegetables for a much cleaner option.

## HUMMUS INSTEAD OF MAYO

When you are making a sandwich and are used to mayonnaise, switch to hummus instead. Hummus will still provide that mayo-like element, whether you need the veggies to stick to the bread or you simply want another flavor component inside your pita bread. Mayonnaise is filled with fat and calories and has barely any nutrients, while hummus is made from chickpeas and other natural ingredients. As always, check the label before choosing what hummus is the cleanest option, or make your own.



## **GREEK YOGURT INSTEAD OF FLAVORED**

While fruit-flavored yogurt is delicious, it isn't clean when you consider all those ingredients and additives used. You don't want anything with artificial colors or flavors, which most flavored yogurt contains. Instead, get a tub of plain Greek yogurt and add in your own fruit, granola, honey, and other natural flavors that make it delicious.

## **CAULIFLOWER INSTEAD OF RICE OR POTATOES**

If you have been enjoying white rice or white potatoes, you will need a good alternative while eating clean. While rice and potatoes in general are not bad for you, they do tend to be starchy or processed (like the white rice), so are not the cleanest option. Cauliflower can replace both, whether you create mashed potatoes or use cauliflower to make rice. It is lower in carbs and a clean option.

## **VINIGRETTE INSTEAD OF DRESSING**

Finally, if you like your salads with bottled dressing, you will notice a lot of ingredients on the back of those bottles that are not clean. Instead, make your own vinaigrette with oil, vinegar, and any seasonings you enjoy.

# BREAKFAST IDEAS FOR YOUR CLEAN EATING DIET

When you switch to a clean eating diet, you are encouraged not just to eat 4-6 small meals a day, but to always make sure you eat breakfast. Breakfast allows you to get enough fuel for the day, so you want your meal to include healthy fats, carbs, and protein, just like other meals of the day. Breakfast is often a challenge, so here are some ideas to help get you started.

## CLEAN PANKCAKES

If it is the weekend or during the week when you have a little extra time in the morning, you can make yourself a batch of clean pancakes. These are not going to use a bunch of ingredients that traditional pancakes have, so not only are they clean and healthy, but they are much less time consuming as well. You need just three ingredients for the pancakes, including bananas, eggs, and some cinnamon. The ratio is typically 2 eggs for every 1 medium banana. Just mash up the bananas, beat with 2 eggs, then add a few sprinkles of cinnamon. Mix it together and cook them like pancakes. You can serve with some fresh fruit or maple syrup with no sugar added.

## AVOCADO TOAST

This is a really popular breakfast you will see all over Instagram and for good reason. It provides the perfect balance of carbs from the bread, protein from the bread and additional toppings, and fat from the avocado. You can go basic with just whole grain bread and avocado or add additional ingredients like some cooked eggs on top, vegetable slices, or even cooked salmon if you want something a little heartier. There are tons of combinations that will work great.

## SMOOTHIES

Another popular breakfast option for people who are clean eating is to make a smoothie. These have so many different options, are filling, and work great for pre or post-workout. You can make your smoothie with all fruit, add in greens for a green smoothie, add peanut butter to make it filling, use dairy or skip it, and get really creative with ingredients like cocoa powder or maple syrup. The options truly are endless here. A good simple smoothie uses a cup of greens, ½ frozen banana, 1 cup frozen berries, ½ cup yogurt (non-dairy is great too) and your choice of liquid.

## OVERNIGHT OATS

If you tend to get busy in the morning and have no time for making breakfast, then overnight oats will be your new best friend. These are made the night before, so in the morning, you can just grab your jar of oats and eat right away or bring it with you to work or school. There are many recipes to choose, but you basically have rolled oats soaking overnight in your choice of milk or non-dairy milk, with various ways to flavor it, from fresh fruit to cinnamon or honey.

# LAZY MEALS THAT ARE CLEAN

You don't have to be a whiz in the kitchen or have hours every day just to make clean, healthy meals. The following meal ideas are extremely easy to put together, can be prepped beforehand, and are simple even for the laziest of cooks.

## ROTISSERIE CHICKEN AND FROZEN VEGGIES

This could not possibly get any easier to do. If you don't know much about cooking, or simply don't have the time and energy for it, don't cook! All you need to do is get a cooked rotisserie chicken from the grocery store, making sure the chicken was not made with hormones or additives. Combine the chicken with your choice of frozen veggies that you can cook in the microwave, and you're good to go. You can pop those veggies in the microwave while you are pulling the chicken apart, and you have a healthy meal. Add in a little quinoa or brown rice for more carbs, which you can easily make in a rice cooker.

## PRE-MADE SMOOTHIE PACKS

Even the laziest cook can put a smoothie together! Stop going to your local Jamba Juice and getting a smoothie riddled with unnecessary sugars that is topping hundreds of calories. You can make a light and simple one right at home. All you need is some frozen fruit, a milk of choice, and yogurt. You can even put together your own smoothie packs with different combinations, then in the morning all you do is grab one, toss it in the blender, add your yogurt and milk, and blend it up. Breakfast is done in less than 5 minutes.

## USE CANNED VEGGIES FOR SALAD

This might not seem like the healthiest choice, but it can actually work really great if you choose the right foods. There are quite a few salads you can put together using canned vegetables and a few other ingredients without going through too much work. The trick here is to check the ingredients on the can of veggies to make sure it has no added sugars or preservatives. If so, then when you open the can, just rinse it well and drain it to remove extra salt from the veggies. You can use some quinoa you made previously, or you pop into the rice cooker, then mix in your favorite veggies like chickpeas, black beans, and corn, all of which you can find in the can. Mix it all together with some greens and add a little olive oil and balsamic vinegar, and you're good to go.

# YOUR 7-DAY CLEAN EATING MEAL PLAN

This 7-day meal plan gives you an idea of what to eat while clean eating for a week. It is a budget-friendly meal plan with enough food for **breakfast, lunch, dinner, and 2 snacks each day**. There are lean poultry and fish protein options, but you will also be given vegetarian alternatives.

## MONDAY

**Breakfast:** Fruit Smoothie – 1 scoop protein powder, 1 frozen banana, ½ cup strawberries, ½ cup blueberries, ½ cup raspberries, 1 tbsp raw honey, 1 cup almond milk

**Morning Snack:** Apple & Nut Butter

**Lunch:** Greek Salad – Spinach w/quinoa, chickpeas, kalamata olives, cherry tomatoes, feta cheese, olive oil or vinaigrette dressing

**Afternoon Snack:** Cherry Tomatoes & Hummus

**Dinner:** Spinach Salad with Chicken Breast, chopped cucumbers, cherry tomatoes, feta cheese and vinaigrette dressing

## TUESDAY

**Breakfast:** Avocado toast – 2 slices gluten free bread, 1 avocado w slice of tomato

**Morning Snack:** Nuts & Almond Milk Cheese

**Lunch:** Salmon & Veggies - Salmon, brown rice, broccoli & cauliflower roasted

**Afternoon Snack:** Celery & Hummus

**Dinner:** Zucchini noodle pasta w/ low sugar marinara sauce, and a garden salad

**Tip:** Buy zucchini noodles at Trader Joes or your local grocery store

## WEDNESDAY

**Breakfast:** 3-Ingredient Pancakes – 2 eggs, 1 banana, sprinkle of cinnamon, served with fruit

**Morning Snack:** Apple & Nut Butter

**Lunch:** Chicken Burrito Bowl - Diced cooked chicken w/brown rice, black beans, corn, salsa, spinach

**Afternoon Snack:** Raw carrot and Hummus

**Dinner:** Grilled or pan-cooked shrimp w/asparagus & quinoa

## THURSDAY

**Breakfast:** Avocado toast – 2 slices gluten free bread, 1 avocado and 1 hard-boiled egg

**Morning Snack:** Strawberries & Blueberries

**Lunch:** Greek Salad – Spinach w/quinoa, chickpeas, kalamata olives, cherry tomatoes, feta cheese, olive oil or vinaigrette dressing

**Afternoon Snack:** Banana & Nut Butter

**Dinner:** Grilled shrimp tacos w/mango pineapple salsa, roasted veggies on the side

## FRIDAY

**Breakfast:** Veggie scramble – 3 eggs scrambled with bell peppers, tomato, onions

**Morning Snack:** Fruit Smoothie – 1 scoop protein powder, 1 frozen banana, ½ cup strawberries, ½ cup blueberries, ½ cup raspberries, 1 tbsp raw honey, 1 cup almond milk

**Lunch:** Chicken Salad – Diced cooked chicken w/Greek yogurt or avocado, diced apples, walnut pieces, dried cranberries, diced celery on a bed of mixed greens

**Afternoon Snack:** Carrots & Hummus

**Dinner:** Salmon w/mango pineapple salsa & quinoa or brown rice

## SATURDAY

**Breakfast:** 3-Ingredient Pancakes – 2 eggs, 1 banana, sprinkle of cinnamon, served with fruit on top

**Morning Snack:** Banana & Nut Butter

**Lunch:** Chicken Burrito Bowl – Diced cooked chicken w/brown rice, black beans, corn, salsa, spinach

**Afternoon Snack:** 1 Slice Avocado Toast (gluten free toast) and ½ avocado sliced

**Dinner:** Tilapia w/garden salad & 1 cup cooked quinoa

## SUNDAY

**Breakfast:** Green smoothie: 1 cup greens, 1 scoop plant-based protein, 1 cup frozen fruit, 1 frozen banana, 1 cup almond milk

**Morning Snack:** Strawberries & Blueberries

**Lunch:** Salmon & Veggies – Salmon, brown rice, broccoli & cauliflower roasted

**Afternoon Snack:** Ezekial Bread & Hummus

**Dinner:** Zucchini Pasta – Zucchini noodles tossed w/olive oil, garlic and vegetables. Serve with chicken breast.

**Tip:** Buy zucchini noodles at Trader Joes or your local market.



# WORK WITH ME

## READY TO TAKE YOUR HEALTH TO THE NEXT LEVEL?

Are you ready to get recharged?

In this 30-45-minute call we'll determine the small changes that are right for you to make a big impact in your well-being.



**Book your call today:** <https://kingoeltom.as.me/EmpoweredAssessment>

# TESTIMONIALS

## HERE'S WHAT OTHERS ARE SAYING ABOUT WORKING WITH ME

<https://creatinglegacywellness.com/testimonials>

## CONNECT WITH ME

[www.facebook.com/lovceyourhealthloveyourlife](http://www.facebook.com/lovceyourhealthloveyourlife)  
<https://www.creatinglegacywellness.com>