



Lean and Clean Eating Guide



Build Your Stronger Self

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Daily Rules to Follow

Here are my top 5 daily DO rules to follow:

1. DO Eat 3 or more colors with each meal and 2 or more colors with each snack

Foods come in a variety of colors and each color has different nutritional benefits. To ensure optimal health choose foods rich in colors and eat various colors throughout your day. Get at least 3 colors in each meal and at least 2 in each snack.

2. DO Eat protein and vegetables and/or fruit in every meal and snack

Eat at least 1 ounce of lean protein, at least 1 serving of vegetables and/or 1 serving of fruit with every meal and snack to ensure you are getting enough protein, vegetables and fruit throughout your day. Lean protein as well as vegetables and fruits are both lower in calories and fat and high in nutrients.

3. DO Hydrate

Be sure to drink plenty of no calorie fluids such as water, seltzer, decaffeinated teas and coffee throughout your day. Hydration is super important in keeping the body temperature, metabolism and digestion regulated.

4. DO Measure, weigh or estimate

Be sure to measure, weigh or estimate your portions. Use measuring cups, food scales or nutrition labels to portion out your meals and/or snacks. Once you know what a portion looks like you can estimate by eye, but, it is a good idea to still measure or weigh once in a while to make sure you're estimating correctly. One good way to portion out a meal is to separate your plate into 2 halves. 1/2 of your plate should contain vegetables or combination of vegetables and fruit. The other 1/2 of your plate should be split evenly between lean protein and whole grains.

5. DO Eat whole grains

This is a really important rule. Grains are not our enemies but, the amount and type of grains are. Be sure to eat whole grains. Switch out your refined grains for whole grain varieties. There are so many great sources of whole grains. See shopping list on last page for a list of whole grains you should be eating on a daily basis in at least 2-3 meals a day. Be sure to use portion control here as grains are more calorie dense and easy to overeat. Do not eat more than two servings in any one meal or snack.



Daily Rules to Follow

Here are my top 5 daily DON'T rules to follow:

1. *DON'T Repeat foods*

Avoid repeating any foods throughout the day. This will encourage variation in your diet and give your body nutrients from various foods and food groups. For example, if you eat eggs in your breakfast, DON'T eat eggs again in another meal or snack that day, choose another source of lean protein instead. Do this with healthy fats, grains, fruits and vegetables throughout the day.

2. *DON'T Eat deep fried foods*

Stay away from deep fried foods. They are saturated with oils and therefore high in fat and calories.

3. *DON'T Eat creamy sauces or soups*

Any sauce that contains a creamy base or texture will be high in saturated fats and calories because the main ingredient will contain whole milk, cream, half and half, butter or other high fat substance.

4. *DON'T Eat refined grains*

Avoid as much as possible all refined grains such as white bread, pasta, crackers, cakes, cookies, etc. These items are missing the nutrient you will find in whole grains providing your body with nothing more than empty calories. Many of these items are also high in fats and refined sugars.

5. *DON'T Eat refined sugars or artificial sweeteners*

Try to look for items that are either unsweetened or sweetened naturally with fruit, honey, agave or other more natural sweetener. Best to start with unsweetened varieties of food and sweeten yourself with a more natural source. Stay away from artificial sweeteners, although low in calories artificial sweeteners are an unnatural product and it is best to avoid unnatural products.

Lean and Clean Meal Samples

Breakfast



1.

1. **Frozen berries, yogurt and granola parfait or smoothie**

- a) For parfait layer 1 cup plain yogurt, 1/2 cup frozen blended fruit (berries) and low fat/low sugar granola or whole grain cereal in bowl. Top with 1/2 cup fresh berries and 1 tablespoon shredded coconut.
- b) For smoothie add all ingredients into blender and blend until smooth.



2.

2. **Veggie eggs and whole grain toast with butter or jam**

- Saute 1 cup diced veggies in a bit of canola oil (1/2 tablespoon or less), add 2 beaten eggs or mixture of 1 egg and 2 egg whites. Flip for omelet, scramble or place in oven for fritatta. Season with salt, pepper and/or other spices.



3.

3. **Oats and nuts or whole grain cereal and milk with fresh fruit**

- a) 1/2 cup cooked steel cut or old fashioned oats as per directions. Add cinnamon, nutmeg, dash of vanilla and 1 ounce chopped nuts. 1 cup fresh fruit bowl or 1/2 mashed banana added to oats.
- b) 3/4 – 1 cup whole grain cereal and 1/2 – 1 cup low fat milk. 1 cup fresh fruit bowl or 1/2 banana sliced and added to cereal.



4.

4. **Egg, avocado on whole grain toast with 1/2 grapefruit, orange or 1/2 cup fruit or vegetable juice**

- Cook 2 eggs or 1 egg/1 egg white in a bit of canola oil (1/2 tablespoon or less). Remove 1/2 avocado from peel and slice. Add egg and avocado to 2 slices of whole grain toast.



5.

5. **Overnight oats with peanut butter, banana, low fat milk, chocolate chips and cinnamon**

- In a mason jar or airtight glass container add 1/2 cup old fashioned oats, 1/2 cup low fat milk, 1/2 mashed banana, 1 tablespoon natural peanut butter, 1 tablespoon chocolate chips and sprinkle of cinnamon. Seal and leave in fridge overnight. Place in microwave bowl, heat and mix.



6.

6. **Whole grain muffin, cereal, or granola bar with nuts and fresh fruit bowl**

- a) 1 small whole grain muffin with 1 cup fresh fruit and 1 ounce nuts.
- b) Substitute muffin and nuts with a whole grain and nut granola bar (granola bar should contain less than 7 grams of sugar, if more exclude the fruit bowl and just have the bar).

For each meal at breakfast include the following amount of servings per food group:

- 1 fruit and/or 1 – 2 vegetables
- 1 – 2 protein
- 1 – 2 grains
- 1 – 2 fat

Lean and Clean Meal Samples

Lunch/Dinner



1.

1. *Grilled/roasted chicken or fish and vegetables with brown rice, whole wheat couscous or quinoa*

- 3 – 4 ounces of grilled/roasted chicken or fish with 1 cup of vegetables. Put over 1/2 cup of brown rice, whole wheat couscous or quinoa. Use 1 tablespoon or less canola oil for cooking.



2.

2. *Rice bowl with chicken, shrimp, lean chopped meat and/or beans, lettuce, raw veggies and avocado*

- 1/2 cup of heated brown rice, 3 – 4 ounces of chicken, shrimp, lean chopped meat or 1/4 – 1/2 cup beans. Add 1 cup of chopped romaine lettuce, 1/2 – 1 cup chopped raw veggies such as tomatoes, scallions or red onions and 1/2 sliced avocado. Top with taco sauce, hot sauce or salsa and squeeze of 1/2 lime. Use 1 tablespoon or less canola oil for cooking.



3.

3. *Grilled/roasted chicken sandwich, wrap or panini with roasted veggies and low fat cheese*

- 3 – 4 ounces of grilled/roasted chicken on whole wheat bread, wrap or panini with 1/2 – 1 cup roasted veggies such as zucchini, peppers, onions and low-fat, part skim swiss or mozzarella cheese. Use 1 tablespoon or less canola oil for cooking.



4.

4. *Salad with raw veggies, lean meat, fish or beans and whole grain bread, croutons, tortilla chips, beans or corn*

- 2 cups leafy greens 3/4 ounces chicken, lean beef or fish with 1 small whole grain roll, 1/4 cup croutons*, 1 serving whole grain tortilla chips or 1/4 – 1/2 cup beans and corn. Low fat dressing or 1/2 tablespoon olive oil, vinegar or squeeze of lemon, salt, and pepper. Use 1 tablespoon or less canola oil for cooking.

*For croutons cut whole wheat bread into squares. Add bread to baking sheet and drizzle with canola/olive oil, season and mix. Bake on 350 degrees until toasted and crunchy.



5.

5. *Salad with low fat cheese, nuts, dried fruit and whole grain bread or crackers.*

- 2 cups leafy greens 1 ounce low fat cheese and dried fruit such as cranberries with whole grain roll or crackers. Low fat dressing or olive oil, vinegar or squeeze of lemon, salt, and pepper.



6.

6. *Lean roasted meat with white or sweet potato and steamed veggies or fresh greens*

- 3 – 4 ounces of lean meat such as chicken, pork, beef or fish and white or sweet potato baked, roasted or boiled with steamed veggies or fresh greens and veggies. Use 1 tablespoon or less canola oil for cooking.

Lean and Clean Meal Samples

Lunch/Dinner



7.

7. ***Lean meat soup with veggies and brown rice, barley or whole grain pasta***

- 3 – 4 ounces chicken, turkey or turkey meatballs with veggies such as carrots, celery and onion



8.

8. ***Bean or Lentil Soup with veggies***

- 1/2 cup of cooked beans or lentils with veggies such as carrots, celery and/or onions.



9.

9. ***Turkey or lean beef and veggie chili with brown rice or whole grain tortilla chips***

- 3 – 4 chopped meat, 1/4 cup kidney beans over 1/2 cup brown rice or 1 serving whole grain tortilla chips



10a.

10. ***Chicken or tuna salad with whole grain bread, wrap or crackers and raw veggies***

- a) 3 – 4 ounces chopped chicken or tuna mixed with chopped celery and 1/2 – 1 tablespoon mayo or 1/2 tablespoon mayo and 1/2 plain greek yogurt, salt and pepper. Roll up into a whole grain wrap with lettuce leaves and 1/2 sliced avocado.
- b) 3 – 4 ounces chopped chicken or tuna mixed with chopped celery and 1/2 – 1 tablespoon mayo or 1/2 tablespoon mayo and 1/2 plain greek yogurt, salt and pepper. Spread or dip with 1 serving whole crackers and baby carrots.



10b.

11. ***Baked chicken, pork or fish cutlet with roasted or steamed vegetables and fresh salad or salsa.***

- a) 3 – 4 ounce boneless chicken, pork or fish cutlet breaded and baked with canola oil and whole wheat panko crumbs. Dip cutlets in canola oil and bread crumb mixture. Bake until browned and cooked through. Bake or steam 1 – 2 cups of vegetables such as sweet potatoes, beets, peppers, squash, sugar snap peas. Top cutlet with fresh salad, tomato brushetta or salsa.



11.

For each meal at lunch and/or dinner include the following amount of servings per food group:

- 1 fruit and/or 2 – 3 vegetables
- 3 – 4 protein
- 1 – 2 grains
- 1 – 2 fat

Lean and Clean Snack Samples

Snacks



1.

1. Hummus or yogurt dip with raw veggies and whole grain crackers, pretzels, pita or tortilla chips

- 2 – 4 tablespoons hummus or yogurt dip, 1/2 – 1 cup raw veggies and 1 serving whole grain crackers, pretzels, pita or tortilla chips.



2.

2. Nuts with dried or fresh fruit

- 1 ounce nuts with 1/4 cup dried fruit or 1/2 – 1 cup fresh fruit.



3.

3. Popcorn, dried fruit and low-fat cheese stick

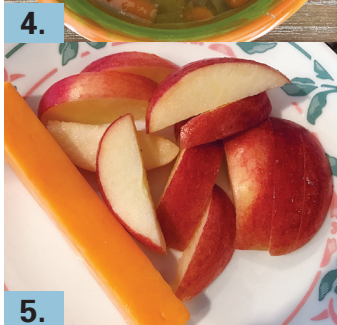
- 1 – 2 cups air popped popcorn cooked with 1/2 tablespoon canola/olive oil or 1 low fat snack bag. 1/4 cup dried fruit and 1 low fat cheese stick such as cheddar or mozzarella



4.

4. Lean meat soup with veggies and brown rice, barley or whole grain pasta

- 1 – 2 ounces chicken, turkey or turkey meatballs with veggies such as carrots, celery and onion



5.

5. Low fat cheese and fresh fruit or raw veggies

- 1 – 2 ounces low fat cheese, 1/2 – 1 cup fresh fruit or veggies.



6.

6. Plain yogurt with fresh berries and raw shredded coconut

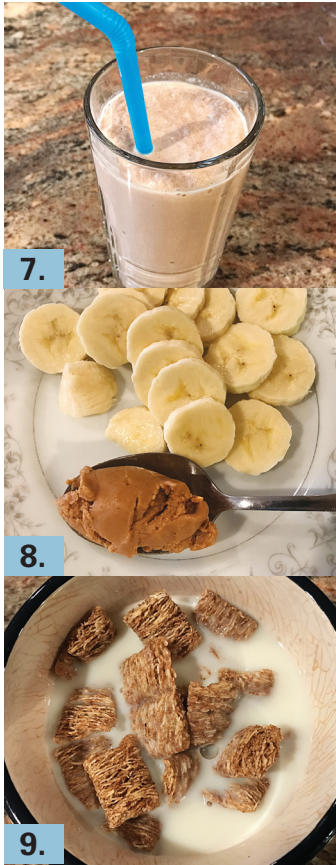
- 1 cup low fat plain yogurt, 1/2 cup fresh berries and 1/4 or less cup of shredded coconut.

For each snack include the following amount of servings per food group (limit snacks to 1 – 3 per day with only 1 snack including a grain):

- 1 fruit and/or 2 vegetables
- 1 – 2 protein
- 0 – 1 grains
- 1 – 2 fat

Lean and Clean Snack Samples

Snacks



7. *Milk smoothie or whey protein smoothie*

- a) Blend together 1 cup low fat milk, 1 tablespoon natural peanut butter, 1 tablespoon cocoa powder, 1/2 banana and ice.
- a) Blend together 1 scoop unsweetened plain whey protein powder (10 or more grams of protein per serving), 1 unsweetened vanilla almond milk, 1 tablespoon natural peanut butter, 1 tablespoon cocoa powder, 1/2 banana and ice.

8. *Banana or apples with peanut butter*

- 1/2 banana or 1 apple sliced with 1 tablespoon of natural peanut butter.

9. *Whole grain cereal and low fat milk*

- 3/4 – 1 cup whole grain cereal and 1/2-1 cup low fat milk.

For each snack include the following amount of servings per food group (limit snacks to 1 – 3 per day with only 1 snack including a grain):

- 1 fruit and/or 2 vegetables
- 1 – 2 protein
- 0 – 1 grains
- 1 – 2 fat



Lean and Clean Shopping List

Protein

- Eggs
- Low-fat plain greek yogurt and yogurt dip such as tzatziki sauce
- Low-fat fruit flavored greek yogurt
- Low-fat cheese
- Low-fat milk – skim or 1%
- chicken
- lean red meat
- fish
- low-sodium canned beans or dry beans, lentils
- Hummus

Grains

- WHOLE grain sliced bread, bun, panini and wraps
- Steel cut oats
- Old fashioned oats
- WHOLE grain pasta
- Brown rice
- Quinoa
- WHOLE grain crackers
- Low-fat/low sugar granola or granola bars
- WHOLE grain cereal
- White Potatoes
- Sweet Potatoes
- Popcorn
- WHOLE grain pretzels
- WHOLE wheat panko crumbs
- WHOLE wheat flour
- Flaxseed
- Chia seeds
- low-sodium canned beans or dry beans, lentils

Vegetables

- Salad greens
- Vegetables to eat raw such as carrots, cucumbers, peppers, celery
- Vegetables for grilling such as onions, peppers, sugar snap peas, asparagus
- Vegetables for steaming such as green beans, broccoli
- Frozen Vegetables
- 100% vegetable or fruit/vegetable juice

Fruits

- Fresh berries such as strawberries, blueberries, raspberries
- Fresh fruit such as apples, oranges, bananas, grapes, oranges, grapefruits (choose what's in season at the time)
- Lemons and limes
- Dried fruit such as apricots, cranberries, raisins
- Frozen Fruits
- 100% fruit or fruit/vegetable juice

Healthy Fats

- Canola oil
- Olive oil
- Coconut oil
- Avocado
- Low-fat dressing
- Mayonnaise
- Nuts
- Natural peanut butter
- Shredded coconut

Healthier Sweetener Options

- Raw honey
- Agave
- Raw Sugar (use instead of white)
- Coconut Sugar (use instead of white)
- 60% cocoa chocolate chips

Suggested Seasonings and Condiments

- Cinnamon
- Nutmeg
- Salt
- Pepper (black and cayenne)
- Turmeric
- Vanilla extract
- Cocoa powder
- Balsamic vinegar
- Salsa
- Hot sauce
- Fresh garlic
- Fresh ginger