



THE CLEAN EATING MEAL PLAN



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THE CLEAN EATING GUIDE

WHAT IS CLEAN EATING?

The basic principle of clean eating is trying to eat to the best of your ability, whole, fresh, unprocessed foods. Food that occurs in nature and don't go through extensive processing.

Preparing the food by yourself will help your chances of being successful on a clean eating plan. Going out to restaurants is not restricted but unfortunately the food served there is not as fresh and most likely processed, resulting in less nutritional value. If you are not used to cooking in the kitchen start with basics and move up from there.

A clean diet can be a little bit different for everyone but there is one thing that all clean eaters would agree on: The white stuff has to go! This includes all white sugar and white flour products. These foods provide absolutely no nutritional value. Whole foods actually fill you up and fuel you, whereas the white stuff fill a mental craving but don't physically fill you up. These foods also make it very hard to keep your blood sugar levels stable. When your blood sugar is too high or too low it will cause cravings and may also cause symptoms like irritability and fatigue. This will make staying on a clean eating plan more difficult.

Eat enough and eat on a regular basis. Don't let your body get to hungry or else it will be really hard to not cheat or grab a high energy convenient food. Eating on a regular basis will also help you regulate your blood sugar levels. The meal plan included in this plan contains four meals. Three main meals and one snack which should be plenty to fuel you through the day.

It's all about balance and your plate should reflect that. Try to eat a balanced amount of proteins, fats and carbohydrates at every meal. Fill your plate up with an unlimited amount of vegetables, add in quality sources of protein, complex carbs and healthy fats.

The clean eating approach understands that not all calories are equal. When you only consume whole foods you are much more likely to not over consume and maintain a healthy weight. Eating whole foods will provide your body with the nutrients it needs to keep your body not only at a healthy weight but also overall healthy. Whole foods contain an abundance of vitamin and minerals like Vitamin A, C, D and K, B12, magnesium and calcium. Of course you could take supplements for these but the nutrients are absorbed much better when consumed through food versus pill form.

PANTRY AND FRIDGE STAPLES

VEGETABLES

Asparagus
Broccoli
Carrots
Cauliflower
Celery
Cucumber
Garlic
Green Onions
Jalapeño
Kale
Mushrooms
Mixed Spring Greens
Red Bell peppers
Red cabbage
Red Onions
Spaghetti Squash
Spinach
Sweet Potato
Tomatoes
White Onions
Zucchini

FRUIT

Apples
Avocado
Bananas
Blackberries
Blueberries
Dates
Grapefruit
Grapes
Kiwi
Lemon
Lime
Mango
Melon
Orange
Peach
Pear
Pineapple
Pomegranate
Strawberries
Raspberries
Watermelon

ANIMAL PRODUCTS

Chicken
Turkey
Eggs
Beef
Bison
Lamb
Pork
Lamb

FISH

Shrimps
Wild Caught Salmon
Tuna Steak
Canned Tuna
Canned Sardines

GRAINS

Brown Rice
Brown Rice Pasta
Brown Rice Tortilla Wrap
Gluten Free Oatmeal

NUTS & SEEDS

Almonds
Walnuts
Chia Seeds
Flaxseeds
Pumpkin Seeds

EXTRAS

Almond Milk
Canned Coconut Milk
Nut Butters
Coconut Aminos
Honey
Protein Powder
Raw Cacao Powder
Tahini
Tomato Paste
Apple Cider Vinegar
Honey Dijon Mustard

BEANS & LEGUMES

Black Beans
White Beans
Chickpeas
Lentils

OILS

Coconut Oil
Extra Virgin Olive Oil
Avocado Oil
Sesame Seed Oil

CLEAN 15 / DIRTY DOZEN BY EWG

The more organic products you can include in your diet the better, but of course not everyone has the budget for it. Eat organic as much as you can but never avoid buying fruits or vegetables just because you can't afford the organic version.

The Environmental Working Group releases a Clean 15 and Dirty Dozen list every year showing us which fruits and vegetables have the most and the least pesticides added to our food. I recommend referring to this list while grocery shopping to minimize your exposure to toxins and cut on cost.

CLEAN 15

Avocado
Sweet Corn
Pineapple
Cabbage
Frozen Sweet Peas
Onions
Asparagus
Mangos
Papayas
Kiwi
Eggplant
Honey Dew Melon
Grapefruit
Cantaloupe
Cauliflower

DIRTY DOZEN+

Strawberries
Apples
Nectarines
Peaches
Celery
Grapes
Cherries
Spinach
Tomatoes
Sweet Bell Peppers
Cherry Tomatoes
Cucumbers
Hot Peppers
Kale and Collard Greens

EATING OUT WHILE ON A CLEAN EATING DIET

Committing to a clean eating lifestyle doesn't mean you will never be able to attend social events or dine out again. When you switch to a clean eating lifestyle you have to make sure that it fits into your lifestyle. Although going out every night of the week is not recommended, going out once in a while will be healthy for you if it's something you really enjoy.

It's a matter of making the right choices. Look for dishes like stir-fries and salads on the menu. If you can't find anything on the menu that is clean eating approved here are some examples of things you can order separately.

Protein

Grilled Chicken Breast
Grilled Salmon Fillet
Steak
Hamburger without the bun

Carbs

Baked Potato
Baked Sweet Potato Fries
Quinoa
Brown Rice

Fats

Avocado or Guacamole
Nuts and Seeds (Great on salads)
Olive Oil

Beverages

Water
Sparkling Water
Tea
Coffee

Most of the restaurants will have all of these foods in the kitchen even if it's not written exactly like that on the menu. Don't be shy to ask for something a little different. When it comes to your health it's always worth it. The last tip for eating out on a clean eating diet is to always ask for the dressing on the side. Most restaurants add way more than needed. Even if it's a healthy dressing I recommend doing this.



THE CLEAN EATING RECIPES



PEANUT BUTTER CUP SMOOTHIE

INGREDIENTS

(1 serving)

1 cup of unsweetened almond milk

1 frozen banana

1 scoop of chocolate protein powder

1 Tbsp of peanut butter

DIRECTIONS

1. Start by pouring the almond milk into the blender to avoid having the ingredients stick at the bottom of the blender.
2. Next add in the banana, peanut butter and protein powder.
3. Turn the blender on, starting at a low speed and increase as needed.
4. Once the liquid looks even, pour into a cup and enjoy immediately to conserve as many nutrients as possible.

NUTRITIONAL VALUE

(per serving)

Fat: 12 g

Carbs: 34 g

Protein: 30 g

Total Calories: 360 Calories



STRAWBERRY BANANA SMOOTHIE

INGREDIENTS

(1 serving)

1 cup of unsweetened almond milk

1 frozen banana

1 cup of frozen strawberries

1 scoop of vanilla protein powder

DIRECTIONS

1. Start by pouring the almond milk into the blender to avoid having the ingredients stick at the bottom of the blender.
2. Next add in the banana, strawberries, and the protein powder.
3. Turn the blender on, starting at a low speed and increase as needed.
4. Once the liquid looks even, pour into a cup and enjoy immediately to conserve as many nutrients as possible.

NUTRITIONAL VALUE

(per serving)

Fat: 12 g

Carbs: 54 g

Protein: 28 g

Total Calories: 363 Calories



TROPICAL GREEN SMOOTHIE

INGREDIENTS

(1 serving)

1 cup of unsweetened almond milk
1 frozen banana
1 cup of frozen pineapple
1 cup of spinach
1 scoop of vanilla protein powder

DIRECTIONS

1. Start by pouring the almond milk into the blender to avoid having the ingredients stick at the bottom of the blender.
2. Next add in the banana, frozen pineapple, spinach and protein powder.
3. Turn the blender on, starting at a low speed and increase as needed.
4. Once the liquid looks even, pour into a cup and enjoy immediately to conserve as many nutrients as possible.

NUTRITIONAL VALUE

(per serving)

Fat: 5 g

Carbs: 55 g

Protein: 25 g

Total Calories: 357 Calories



BLUEBERRY OATMEAL CUPS

INGREDIENTS

(4 Servings)

3 cups of oatmeal
1 1/2 cup of almond milk
2 eggs, whisked
2 Tbsp of almond butter
1/4 cup of maple syrup
1/4 cup of blueberries

DIRECTIONS

1. Preheat the oven to 350°F/175°C.
2. Combine all of the ingredients in a large bowl.
3. Line a muffin tin with parchment paper liners.
4. Divide the mixture equally into 8 cups.
5. Bake in the oven for 30 minutes.

NUTRITIONAL VALUE

(per serving)

Fat: 13 g
Carbs: 58 g
Protein: 13 g
Total Calories: 380 Calories



BREAKFAST BURRITO

INGREDIENTS

(1 serving)

75 g of ground beef

1/4 cup of red bell pepper, diced

1/4 cup for red onions, diced

2 eggs

1 brown rice tortilla

2 tbsp of shredded cheddar cheese

1 tbsp of salsa

Salt & pepper

DIRECTIONS

1. Place a pan on medium heat.
2. Add in the ground beef and cook through.
3. Next add in the diced red pepper and red onions.
4. Once the vegetables have softened up add in the eggs
5. Place a tortilla wrap flat on a plate and add the spinach, the egg mixture, the cheese and the salsa.
6. Sprinkle with some salt, pepper and fold the wrap.

NUTRITIONAL VALUE

(per serving)

Fat: 23 g

Carbs: 37 g

Protein: 30 g

Total Calories: 479 Calories



BREAKFAST FRIED RICE

INGREDIENTS

(4 servings)

1 tbsp of olive oil
1 yellow onion, diced
1 cup of mixed peas and carrots
200 g of ham steak, diced
8 eggs
1 cup of dry rice
1/4 cup of Tamari sauce
Salt and pepper

DIRECTIONS

1. Place a pan on medium heat and add the olive oil.
2. Once the oil has heated, add in the yellow onions, peas and carrots.
3. While the vegetables are sautéing place the rice with 2 cups of water in a pot, bring to a boil then cover and reduce to low heat for 12 minutes.
4. Next, add in the diced ham steak.
5. Next, add in the wickered eggs and scramble until well combined with the other ingredients.
6. Once the rice is done, add it to the pan, along with the Tamari sauce, salt and pepper.
7. Sauté everything for an additional 3 minutes and serve.
8. Store the leftovers in an airtight container in the fridge.

NUTRITIONAL VALUE

(per serving)

Fat: 17 g
Carbs: 53 g
Protein: 34 g
Total Calories: 507 Calories



AVOCADO LOX TOAST

INGREDIENTS

(1 serving)

2 pieces of brown rice bread

1/2 an avocado

50 g of smoked salmon

2 tbsp of red onions, diced

Salt and pepper

DIRECTIONS

1. Toast your bread either in a toaster or in the oven.
2. Scoop out half an avocado into a bowl and mash with a fork.
3. Place the avocado on the toast, then the smoked salmon and top with the diced red onions.

NUTRITIONAL VALUE

(per serving)

Fat: 21 g

Carbs: 41 g

Protein: 13 g

Total Calories: 408 Calories



LOADED SCRAMBLE

INGREDIENTS

(1 serving)

1 tsp of olive oil
1/4 cup of red onions
2 mushrooms, sliced
1/2 cup of broccoli floret
50 g of ham steak
3 eggs
Salt and pepper

DIRECTIONS

1. Place a pan on medium heat and add the olive oil.
2. Add the red onions, mushroom, broccoli to the pan and sauté until soft.
3. Next add in the diced ham steak.
4. Whisked the eggs and then add them to the pan.
5. Scramble until the eggs are cooked, then add the salt and pepper.

NUTRITIONAL VALUE

(per serving)

Fat: 24 g
Carbs: 16 g
Protein: 32 g
Total Calories: 417 Calories



THAI PASTA SALAD

INGREDIENTS

(2 servings)

112 g of brown rice pasta

224 g of shrimp

1 carrot, cut into ribbons

1 red bell pepper, sliced

1/4 cup of green onions

1/4 cup of Tamari

2 tbsp of peanut butter

Juice of 1 lime

Salt & pepper

DIRECTIONS

1. Place a pot with 6 cups on the stove top and bring to a boil
2. Once the water is boiling add in the brown rice pasta.
3. While the pasta is cooking, place a pan on medium heat with the coconut oil, carrot ribbons, and the red bell pepper.
4. Once the vegetables have softened remove them from the pan and set aside.
5. Place the shrimps in the pan and cook until they are pink.
6. Once the pasta is done, drain and rinse it then transfer it to a large bowl.
7. In a small bowl, mix together the Tamari, peanut butter, lime juice, salt and pepper.
8. Add it to the pasta along with the cooked veggies, shrimps.
9. Serve with fresh green onions on top

NUTRITIONAL VALUE

(per serving)

Fat: 10 g

Carbs: 60 g

Protein: 26 g

Total Calories: 422 Calories



TUNA PASTA SALAD

INGREDIENTS

(2 servings)

112 g of brown rice pasta
2 celery stalks, diced
1/2 english cucumber, diced
1 small red onion, diced
2 tbsp of avocado oil mayo
2 cans of tuna
Salt and pepper

DIRECTIONS

1. Place a pot with 6 cups on the stove top and bring to a boil
2. Once the water is boiling add in the brown rice pasta.
3. While the pasta is cooking combine the rest of the ingredients in a large bowl.
4. Once the pasta is ready, drain and rinse it.
5. Add it to the rest of the ingredients and mix well.

NUTRITIONAL VALUE

(per serving)

Fat: 14 g
Carbs: 53 g
Protein: 32 g
Total Calories: 463 Calories



MEXICAN QUINOA SALAD

INGREDIENTS

(2 servings)

1/2 cup of dry quinoa

1 cup of black beans

1/2 cup of corn

1 red bell pepper, diced

1/2 avocado, diced

1 tbsp of olive oil

Juice of 1/2 lime

Salt and pepper

1/4 cup of fresh cilantro, chopped

DIRECTIONS

1. Prepare the quinoa on the stove top according to the directions on the packaging.
2. Meanwhile, in a large bowl, combine the rest of the ingredients.
3. Once the quinoa is done, add it to the bowl.
4. Serve cold with fresh cilantro on top.

NUTRITIONAL VALUE

(per serving)

Fat: 17 g

Carbs: 57 g

Protein: 15 g

Total Calories: 428 Calories



CHICKEN BERRY SALAD

INGREDIENTS

(2 servings)

240 g of chicken breast

6 cups of spinach

2 cups of strawberries, quartered

1 avocado, diced

1/2 cup of goat cheese

2 tbsp of balsamic vinegar

Salt and pepper

DIRECTIONS

1. Preheat the oven to 400F°/200C°.
2. Bake the chicken breast in the oven for 25 minutes or until done.
3. Meanwhile, in a large serving bowl place the spinach at the bottom, then add the strawberries, the avocado and goat cheese.
4. Once the chicken is done, either shred it with two forks or dice it and add it to the bowl.
5. Top with balsamic vinegar, salt and pepper.

NUTRITIONAL VALUE

(per serving)

Fat: 22 g

Carbs: 28 g

Protein: 34 g

Total Calories: 425 Calories



KALE CHICKEN CEASAR SALAD

INGREDIENTS

(2 servings)

240 g of chicken breast
6 cups of kale
1 can of chickpeas
2 tbsp of avocado oil mayo
2 tsp of Dijon mustard
Juice of 1/2 lemon
Salt and pepper

DIRECTIONS

1. Preheat the oven to 400F°/200C°.
2. Bake the chicken breast in the oven for 25 minutes or until done.
3. Meanwhile, wash and roughly chop the kale.
4. In a small bowl, combine the avocado oil, dijon mustard, lemon juice, salt and pepper to create the dressing.
5. Once the chicken is done, remove it and bake the chickpeas on a baking sheet with parchment paper for 15-20 minutes or until crispy.
6. Once the chickpeas are done combine everything in a bowl.

NUTRITIONAL VALUE

(per serving)

Fat: 18 g
Carbs: 48 g
Protein: 42 g
Total Calories: 478 Calories



SHRIMP FRIED RICE

INGREDIENTS

(2 Servings)

3/4 cup of rice

1 cup of broccoli, chopped

1 cup of frozen peas and carrots

224 g of shrimp

2 tbsp of coconut aminos

1 tbsp of sesame oil

Salt and pepper

DIRECTIONS

1. Place a pan on medium heat with sesame oil.
2. Add the frozen peas, carrots and the broccoli to the pan and cover until soft.
3. Remove the vegetables from the pan and set aside.
4. Add the shrimp in the pan and cook until they turn pink.
5. In the meantime, start the rice by adding 3/4 cup of dry rice and 1 1/2 cup of water to a pot, bring to a boil then cover and turn on the heat to very low for 12 minutes.
6. Once the shrimps are ready, add in the vegetables, the rice, the coconut aminos, salt and pepper.
7. Fry for an additional 3-5 minutes.

NUTRITIONAL VALUE

(per serving)

Fat: 8 g

Carbs: 70 g

Protein: 25 g

Total Calories: 477 Calories



CHICKEN TERIYAKE

INGREDIENTS

(2 Servings)

1 tsp of coconut oil
240 g of chicken breast, sliced
1/2 cup of dry basmati rice
2 cups of broccoli floret
2 carrots, sliced
1 cup of snap peas
2 tbsp of sesame oil
2 tbsp of Tamari sauce
2 tsp of honey
Salt and pepper

DIRECTIONS

1. Place a pan on medium heat and add the coconut oil.
2. Add the chicken breast slices and cook until done.
3. Place the rice with one cup of water in a pot, bring to a boil then cover and reduce to low heat for 12 minutes.
4. Once the chicken is done add in all the cover, cover and allow them to soften.
5. In a small bowl mix the Teriyaki sauce by combining the sesame oil, Tamari sauce, honey, salt and pepper.
6. Add the sauce to the pan, mix well and sauté for an additional three minutes.
7. Plate the rice and Teriyaki mixture together.

NUTRITIONAL VALUE

(per serving)

Fat: 12 g

Carbs: 62 g

Protein: 32 g

Total Calories: 489 Calories



CHILLI LIME CHICKEN SKEWERS

INGREDIENTS

(2 Servings)

1 cup of dry basmati rice
240 g of chicken breast, cubed
1 zucchini, sliced
1 green bell pepper,
1 red onion,
2 mushrooms
3 tbsp lime juice
1 tsp of honey
1 tsp smoked paprika
1/2 tsp chili powder
1/2 tsp of salt

DIRECTIONS

1. If you have wooden skewers, soak them in water for 30 minutes.
2. Preheat the oven to 400F°/200C°.
3. Prepare the chicken and vegetables by slicing everything in a bite size.
4. Once the wooden skewers are ready assemble the skewers by alternating between each ingredients.
5. In a small bowl, combine the lime juice, honey, paprika, chilli powder and salt.
6. Coat the skewers with the chilli lime seasoning.
7. Place the skewers on a baking sheet with parchment paper and bake for 25 minutes, flipping them half way.
8. In the meantime, prepare the rice by combining the rice and two cup of water in a pot.
9. Bring the pot to a boil, then reduce the heat to low, and cover for 12 minutes.
10. Plate the rice and skewers together.

NUTRITIONAL VALUE

(per serving)

Fat: 3 g

Carbs: 91 g

Protein: 34 g

Total Calories: 534 Calories



CHICKEN PESTO PASTA

INGREDIENTS

(2 Servings)

240 g of chicken breast

112 g of brown rice pasta

1 cup of cherry tomatoes, halves

1/2 cup of pesto

DIRECTIONS

1. Preheat the oven to 400F°/200C°.
2. Bake the chicken breast for 25 minutes.
3. Meanwhile, bring 6 cups of water in a pot to boil.
4. Once the water is boiling add in the pasta.
5. Once the pasta is done, strain it and transfer it to a large bowl.
6. Add the pesto sauce and the cherry tomato halves.
7. Once the chick is done, either shred it with a fork or diced it and add it to the pasta.
8. Serve with fresh basil if desired.

NUTRITIONAL VALUE

(per serving)

Fat: 34 g

Carbs: 46 g

Protein: 38 g

Total calories: 654 Calories



STUFFED BELL PEPPERS

INGREDIENTS

(2 Servings)

- 2 bell peppers
- 1 yellow onion, diced
- 224 g of ground beef
- 1 tsp of Italian seasoning
- 1 cup of diced tomatoes
- 1/4 cup of dry rice
- 1/2 cup of mozzarella cheese
- 1 tsp of olive oil
- Salt and pepper

DIRECTIONS

1. Preheat the oven to 400°F/200°C.
2. Wash and cut the bell peppers in half and bake them for 15 minutes.
3. Place a pan on medium heat with olive oil.
4. Add the onions and ground beef and cook through.
5. Prepare the rice by adding 1/4 cup of dry rice and 1/2 cup of water to a pot, bring to a boil then cover and turn on the heat to very low for 12 minutes.
6. Once the beef is done, add in the Italian seasoning, diced tomatoes, and 1/4 cup of mozzarella cheese.
7. Once the rice is ready, add it to the ground beef mixture.
8. Remove the bell peppers from the oven, stuff them with the mixture, sprinkle the remaining cheese on top and bake for an additional 15 minutes.

NUTRITIONAL VALUE

(per serving)

- Fat: 31 g
- Carbs: 28 g
- Protein: 34 g
- Total Calories: 521 Calories



CHILLI STUFFED SWEET POTATO

INGREDIENTS

(2 Servings)

- 2 medium sweet potatoes
- 1 tsp of coconut oil
- 1 small yellow onion, diced
- 224 g of ground beef
- 1 celery stalk, diced
- 1 carrot, sliced
- 1 zucchini, cubed
- 1 cup of diced tomatoes
- 2 tbsp chilli seasoning

DIRECTIONS

1. Preheat the oven to 400°F/200°C.
2. Use a fork to create numerous holes in the sweet potatoes.
3. Place the sweet potatoes on a baking sheet with parchment paper and bake for 45 minutes.
4. Place a pot on the stove top on medium heat and add the coconut oil.
5. Once the oil has melted add the onions and ground beef, and cook through.
6. Once the beef is well cooked, add in the celery, carrot, zucchini and cook for another 5 minutes.
7. Next add in the diced tomatoes and chilli seasoning.
8. Bring the chilli to a boil and then lower to a simmer until the sweet potatoes are done.
9. Once the potatoes are done, split them in half and fill them with the chilli.

NUTRITIONAL VALUE

(per serving)

- Fat: 7 g
- Carbs: 50 g
- Protein: 28 g
- Total Calories: 376 Calories



ASIAN BEEF LETTUCE WRAPS

INGREDIENTS

(2 Servings)

1 tbsp of sesame oil
340 g of ground beef
2 tbsp of Tamari sauce
1 head of iceberg lettuce
1 carrot, shredded
2 tbsp of sesame seeds
Salt and pepper

DIRECTIONS

1. Place a pan on medium heat and add the sesame oil.
2. Cook the ground beef until well done.
3. Once the beef is done add in the Tamari sauce, salt and pepper.
4. Create taco shells with iceberg leaves, and add the beef.
5. Top with shredded carrots and sesame seeds.

NUTRITIONAL VALUE

(per serving)

Fat: 24 g
Carbs: 9 g
Protein: 38 g
Total Calories: 443 Calories



FISH CAKES

INGREDIENTS

(2 Servings)

2 tsp of olive oil
1 small yellow onion, diced
224 g of haddock
2 medium white potatoes
1 egg, whisked
1/4 cup of fresh parsley
4 cups of mixed greens
1/4 cup of sprouts
2 tsp of avocado oil
salt and pepper

DIRECTIONS

1. Place a pan on medium heat and add one tsp of olive oil.
2. Next add in the yellow onion and haddock and cook until done.
3. Peel and roughly chop the potatoes then boil them on the stove top until they are soft.
4. In a large bowl, combine the onions, cooked haddock, boiled potatoes, the egg and parsley together.
5. Form 4-6 fish cakes depending on the size.
6. Add another tsp of olive oil to the pan and pan-fry the fish cakes on both sides for 2-3 minutes.
7. In the meantime put together a side salad by combining the greens, sprouts, salt and pepper.
8. Once the fish cakes are done serve with the side salad.

NUTRITIONAL VALUE

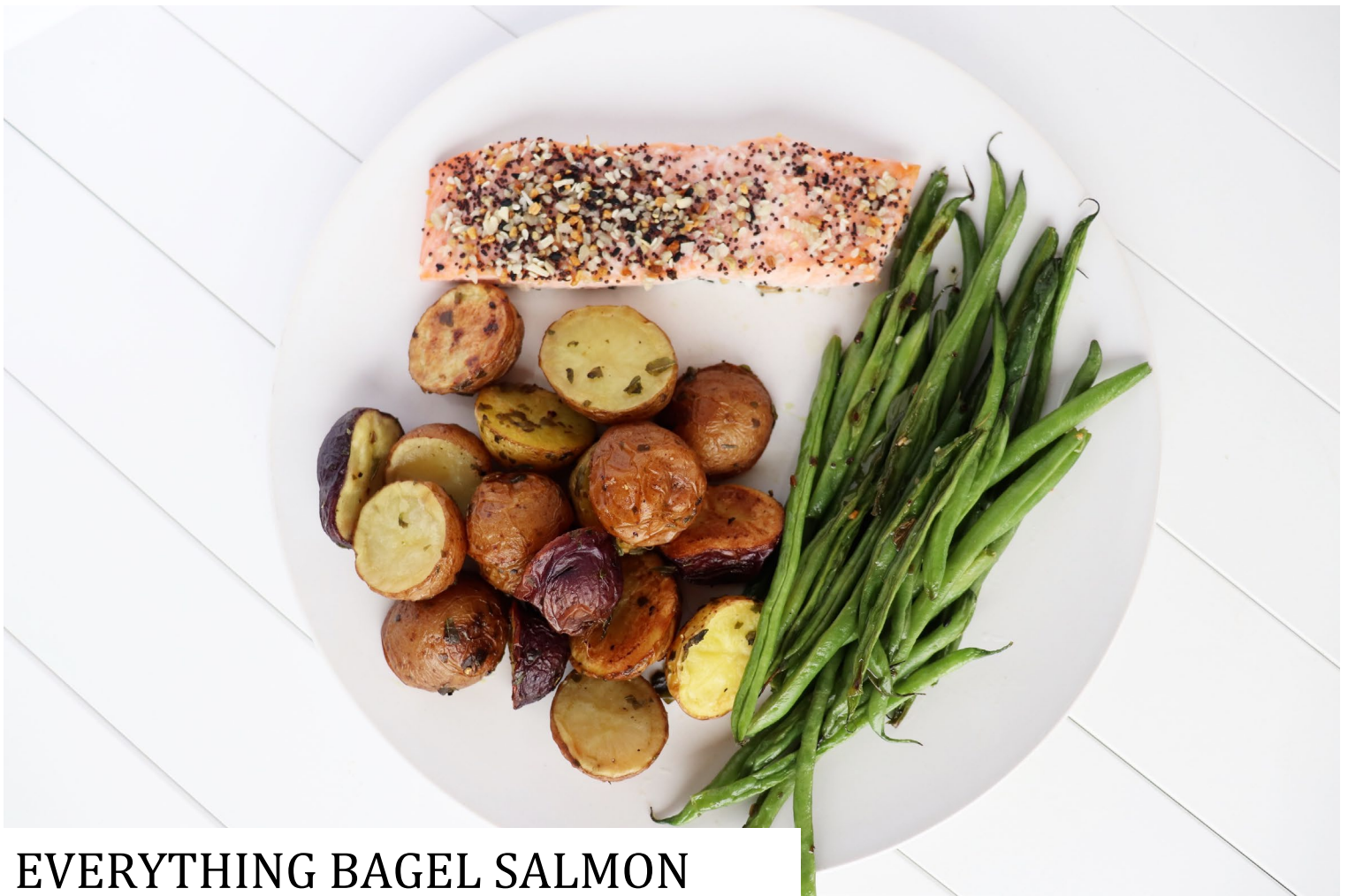
(per serving)

Fat: 13 g

Carbs: 51 g

Protein: 33 g

Total Calories: 450 Calories



EVERYTHING BAGEL SALMON

INGREDIENTS

(2 Servings)

2 cups of mini potatoes
1 tbsp + 1 tsp of avocado oil
1 tbsp of oregano
Salt and pepper
224 g salmon filet
1 tsp of poppy seeds
1 tsp of sesame seeds
1/2 tsp of dried minced garlic
1/2 tsp of dried onion flakes
2 cups of green beans

DIRECTIONS

1. Preheat the oven to 400F°/200C°.
2. Wash and slice the mini potatoes in half
3. In a large bowl, coat the mini potatoes with 1 tbsp of avocado oil, oregano, salt and pepper.
4. Spread the potatoes on a baking sheet with parchment paper and bake for 30 minutes.
5. Meanwhile, in a small bowl, combine the poppy seeds, sesame seeds, garlic, and onion.
6. Place the salmon on a baking sheet with parchment paper and coat with the "everything bagel" seasoning.
7. Coat the green beans with 1 tsp of avocado oil, salt and pepper and place them beside the salmon.
8. Once the potatoes are done, bake the salmon and green beans for 12 minutes.
9. Plate everything together

NUTRITIONAL VALUE

Fat: 16 g
Carbs: 39 g
Protein: 39 g
Total Calories: 474 Calories



PEANUT BUTTER ENERGY BITES

INGREDIENTS

(12 balls)

1 1/2 cup of oats

1/2 cup creamy peanut butter

1/2 cup semi-sweet chocolate chips

1/4 cup of honey

1/4 tsp of salt

DIRECTIONS

1. In a large bowl, combine all of the ingredients and mix well.
2. Form 12, golf-sized balls and store in the fridge in an airtight container.

NUTRITIONAL VALUE

(2 balls)

Fat: 18 g

Carbs: 42 g

Protein: 9 g

Total Calories: 347 Calories



COCONUT YOGURT BARK

INGREDIENTS

(3 servings)

- 1 1/2 cup of coconut yogurt
- 1 tbsp of honey
- 1 cup of mixed berries
- 1/2 cup of gluten-free granola

DIRECTIONS

1. In a small bowl combine the coconut yogurt and honey.
2. Spread the mixture on a baking sheet with parchment paper.
3. Evenly spread out the berries and granola on top.
4. Freeze for 30 minutes.
5. Store in an airtight container in the freezer.

NUTRITIONAL VALUE

(per serving)

- Fat: 6 g
- Carbs: 23 g
- Protein: 2 g
- Total Calories: 151 Calories



APPLE GRANOLA BITES

INGREDIENTS

(1 serving)

- 1 apple
- 1 tbsp of peanut butter
- 1/4 cup of gluten-free granola

DIRECTIONS

1. Slice the apple
2. Spread the peanut butter on half of each apple slice
3. Sprinkle some granola on top of the peanut butter

NUTRITIONAL VALUE

(per serving)

- Fat: 11 g
- Carbs: 38 g
- Protein: 5 g
- Total Calories: 265 Calories



CHOCOLATE PB BANANA BITES

INGREDIENTS

(1 serving)

1 banana

1 tbsp of peanut butter

2 tbsp of melted chocolate chips

DIRECTIONS

1. Slice a banana.
2. Spread a small amount of peanut butter on half of the slices.
3. Place the other half on top and freeze for 30 minutes.
4. Melt the chocolate chips.
5. Once the peanut butter banana sandwiches are solid dip them into the chocolate and place them in the freezer again spread out for 15 minutes.
6. Store in an airtight container in the fridge or freezer.

NUTRITIONAL VALUE

(per serving)

Fat: 18 g

Carbs: 50 g

Protein: 7 g

Total Calories: 335 Calories



GUACAMOLE & BELL PEPPER

INGREDIENTS

(1 serving)

1/2 avocado

1/2 red onion, diced

1 tomato, diced

juice of half a lime

1/4 tsp of salt

1 red bell pepper

DIRECTIONS

1. In a medium bowl, scoop out half an avocado and mash with a fork.
2. Add the red onion, tomato, lime juice, salt and combine well.
3. Slice the red bell pepper into squares and dip into the guacamole.

NUTRITIONAL VALUE

(per serving)

Fat: 12 g

Carbs: 27 g

Protein: 5 g

Total Calories: 217 Calories



EDIBLE COOKIE DOUGH

INGREDIENTS

(4 servings)

1 cup of chickpeas
1/4 cup of cashew butter
1/4 cup of chocolate chips
2 tbsp of maple syrup
1 tsp of vanilla extract
Pinch of salt

+ 4 apples

DIRECTIONS

1. Place all of the ingredients, except for the chocolate chips, in a food processor.
2. Mix until the consistency is smooth.
3. Add in the chocolate chips and serve with some apple slices.

NUTRITIONAL VALUE

(per serving)

Fat: 14 g
Carbs: 63 g
Protein: 9 g
Total Calories: 391 Calories



BRUSCHETTA BITES

INGREDIENTS

(1 serving)

- 1/3 english cucumber
- 1 Small tomato, diced
- 2 tbsp of fresh basil, finely chopped
- 1 tsp of balsamic
- 1 tsp of olive oil
- 1/4 tsp of salt

DIRECTIONS

1. Slice the english cucumber.
2. In a medium bowl, combine all of the remaining ingredients.
3. Top the cucumber with the bruschetta mix.

NUTRITIONAL VALUE

(per serving)

- Fat: 5 g
- Carbs: 9 g
- Protein: 2 g
- Total Calories: 78 Calories



AVOCADO CHOCOLATE COOKIES

INGREDIENTS

(8 cookies)

1 avocado
2 tbsp of almond flour
1/4 cup of cocoa powder
1/4 cup of coconut sugar
1 egg
1/4 tsp of baking soda
1/4 cup of chocolate chips
1/4 tsp of salt

DIRECTIONS

1. Preheat the oven to 350F°/175C°.
2. Place all of the ingredients in a food processor except for the chocolate chips and mix well.
3. Add the chocolate chips to the batter.
4. Scoop the mixture on a baking sheet with parchment paper.
5. There should be 8 cookies.
6. Bake for 10 minutes and allow to cool for another 10 minutes.
7. Store in an airtight container in the fridge.

NUTRITIONAL VALUE

(per 2 cookies)

Fat: 14 g
Carbs: 29 g
Protein: 5 g
Total Calories: 236 Calories



**28-DAY
CLEAN EATING
MEAL PLAN**

Week 1

Breakfast	Breakfast Fried Rice	Peanut Butter Cup Smoothie	Breakfast Fried Rice	Peanut Butter Cup Smoothie	Breakfast Fried Rice	Peanut Butter Cup Smoothie	Breakfast Fried Rice
Lunch	Chicken Teriyaki Bowl (1 portion)	Thai Pasta Salad (leftovers)	Chicken Skewers (leftovers)	Stuffed Peppers (leftovers)	Fish Cakes (leftovers)	Kale Chicken Caesar Salad (leftovers)	Chicken Pesto Pasta (leftovers)
Dinner	Thai Pasta Salad	Chicken Skewers	Stuffed Peppers	Fish Cakes	Kale Chicken Caesar Salad	Chicken Pesto Pasta	Tuna Pasta Salad
Snack	Yogurt Bark	Chocolate Peanut Butter Banana Bites	Yogurt Bark	Chocolate Peanut Butter Banana Bites	Yogurt Bark	Chocolate Peanut Butter Banana Bites	Yogurt Bark

Week 2


Breakfast	Strawberry Banana Smoothie	Avocado Lox Toast	Strawberry Banana Smoothie	Avocado Lox Toast	Strawberry Banana Smoothie	Avocado Lox Toast	Strawberry Banana Smoothie
Lunch	Tuna Pasta Salad (leftovers)	Sweet Potato Stuffed Chilli (leftovers)	Shrimp Fried Rice (leftovers)	Chicken Berry Salad (leftovers)	Asian Beef Lettuce Wraps (leftovers)	Mexican Quinoa Salad (leftovers)	Everything Bagel Salmon (leftovers)
Dinner	Sweet Potato Stuffed Chilli	Shrimp Fried Rice	Chicken Berry Salad	Asian Beef Lettuce Wraps	Mexican Quinoa Salad	Everything Bagel Salmon	Chicken Teriyaki Bowl
Snack	Edible Cookie Dough	Apple Granola Bites	Edible Cookie Dough	Apple Granola Bites	Edible Cookie Dough	Apple Granola Bites	Edible Cookie Dough

Week 3

Breakfast	Blueberry Oatmeal Cups	Loaded Scramble	Blueberry Oatmeal Cups	Loaded Scramble	Blueberry Oatmeal Cups	Loaded Scramble	Blueberry Oatmeal Cups
Lunch	Chicken Teriyaki Bowl (leftovers)	Thai Pasta Salad (leftovers)	Chicken Skewers (leftovers)	Stuffed Peppers (leftovers)	Fish Cakes (leftovers)	Bun-less Burgers (leftovers)	Chicken Pesto Pasta (leftovers)
Dinner	Thai Pasta Salad	Chicken Skewers	Stuffed Peppers	Fish Cakes	Bun-less Burgers	Chicken Pesto Pasta	Tuna Pasta Salad
Snack	Avocado Chocolate Cookies	Bruschetta Bites	Avocado Chocolate Cookies	Bruschetta Bites	Avocado Chocolate Cookies	Bruschetta Bites	Avocado Chocolate Cookies

Week 4

Breakfast	Green Tropical Smoothie	Breakfast Burrito	Green Tropical Smoothie	Breakfast Burrito	Green Tropical Smoothie	Breakfast Burrito	Green Tropical Smoothie
Lunch	Tuna Pasta Salad (leftovers)	Sweet Potato Stuffed Chilli (leftovers)	Shrimp Fried Rice (leftovers)	Chicken Berry Salad (leftovers)	Asian Beef Lettuce Wraps (leftovers)	Mexican Quinoa Salad (leftovers)	Maple Glazed Salmon (leftovers)
Dinner	Sweet Potato Stuffed Chilli	Shrimp Fried Rice	Chicken Berry Salad	Asian Beef Lettuce Wraps	Mexican Quinoa Salad	Maple Glazed Salmon	Chicken Teriyaki Bowl
Snack	Peanut Butter Energy Bites	Guacamole & Red Pepper	Peanut Butter Energy Bites	Guacamole & Red Pepper	Peanut Butter Energy Bites	Guacamole & Red Pepper	Peanut Butter Energy Bites



**28-DAY
CLEAN EATING
GROCERY LISTS**

GROCERY LIST - WEEK 1

Fruits & Vegetables

4 bananas
1 cup of mixed berries
1 lime
1 lemon
6 cups of kale
4 cups of mixed greens
1/4 cup of sprouts
1/4 cup of fresh parsley
2 medium white potatoes
3 red bell pepper
1 green bell pepper
1 cup of broccoli floret
1/2 english cucumber
2 carrots
2 celery stalks
1/2 cup of snap peas
1 zucchini
1 cup of cherry tomatoes
2 mushrooms
1/4 cup of green onions
2 red onions
3 yellow onion
1 cup of mixed frozen peas and carrots

Eggs, Meat & Seafood

9 eggs
840 g of chicken breast
224 g of ground beef
200 g of ham steak
224 g of shrimp
224 g of haddock
2 cans of tuna

Grains & Legumes

1/2 cup of gluten-free granola
2 1/2 cups of dry basmati rice
336 g of brown rice pasta
1 can of chickpeas

Dairy

1/2 cup of mozzarella cheese

Baking Items

1/4 cup of peanut butter
1 tbsp + 2 tsp of honey
2 tbsp of melted chocolate chips

Condiments

1 bottle of olive oil
1 bottle of avocado oil
1 bottle of sesame oil
1 container of coconut oil
3 cups of unsweetened almond milk
1/2 cup of pesto
1 cup of diced tomatoes
1/2 cup + 1 tbsp of Tamari
1/4 cup of avocado oil mayo
2 tbsp of peanut butter
2 tsp of Dijon mustard

Herbs & Spices

Salt and pepper

1 tsp smoked paprika
1/2 tsp chili powder
1 tsp of Italian seasoning

Extras

1 1/2 cup of coconut yogurt
3 scoops of chocolate protein powder

GROCERY LIST - WEEK 2

Fruits & Vegetables

4 bananas
7 apples
4 cups of frozen strawberries
2 cups of strawberries
3 avocado
1 Lime
6 cups of spinach
1 head of iceberg lettuce
1/4 cup of fresh cilantro
2 medium sweet potatoes
2 cups of roasted potatoes
1 red bell pepper
3 cups of broccoli
2 cups of green beans
1 cup of snap peas
4 carrots
1 zucchini
1 celery stalk
1 red onion
1 small yellow onion
1 cup of frozen peas and carrots

Eggs, Meat & Seafood

480 g of chicken breast
564 g of ground beef
224 g salmon filet
224 g of shrimp
150 g of smoked salmon

Grains & Legumes

3/4 cup of gluten-free granola
6 pieces of brown rice bread
1/2 cup of dry quinoa
1 1/4 cup of dry rice
1 cup of black beans
1 cup of chickpeas
1/2 cup of corn

Dairy

1/2 cup of goat cheese

Nuts & Seeds

2 tbsp of sesame seeds

Baking Items

1/4 cup of cashew butter
1/4 cup of chocolate chips
3 tbsp of peanut butter
2 tbsp of maple syrup
1 tsp of vanilla extract
2 tsp of honey

Condiments

4 cups of unsweetened almond milk
1 cup of diced tomatoes
2 tbsp of coconut aminos
1/4 cup + 2 tbsp of Tamari sauce
2 tbsp of balsamic vinegar

Herbs & Spices

2 tbsp chilli seasoning

Extras

4 scoops of vanilla protein powder

GROCERY LIST - WEEK 3

Fruits & Vegetables

1 avocado
1/4 cup of blueberries
1 lime
1 lemon
6 cups of kale
4 cups of mixed greens
1/4 cup of sprouts
1/4 cup of fresh parsley
2 tbsp of fresh basil
2 medium white potatoes
3 red bell pepper
1 green bell pepper
1 head of broccoli
1 1/2 english cucumbers
1 carrot
2 celery stalks
1 zucchini
1 small tomato
1 cup of cherry tomatoes
8 mushrooms
1/4 cup of green onions
3 red onions
2 yellow onion

Eggs, Meat & Seafood

13 eggs
720 g of chicken breast
224 g of ground beef
150 g of ham steak
224 g of shrimp
224 g of haddock
2 cans of tuna

Grains

3 cups of gluten free oatmeal
1 1/4 cup of dry basmati rice
336 g of brown rice pasta
1 can of chickpeas

Dairy

1/2 cup of mozzarella cheese

Baking Items

1/4 cup of maple syrup
1/4 cup of cocoa powder
1/4 cup of coconut sugar
1/4 cup of chocolate chips
2 tbsp of almond flour
2 tbsp of almond butter
1 tsp of honey
1/4 tsp of baking soda

Condiments

1 1/2 cup of unsweetened almond milk
1/2 cup of pesto
1 cup of diced tomatoes
1/4 cup of Tamari sauce
1/4 cup of avocado oil mayo
2 tbsp of peanut butter
2 tsp of dijon mustard
1 tsp of balsamic vinegar

Herbs & Spices

1 tsp smoked paprika
1/2 tsp chili powder
1 tsp of Italian seasoning

GROCERY LIST - WEEK 4

Fruits & Vegetables

4 bananas
2 cups of strawberries
4 cups of frozen pineapple
2 avocados
1 lime
10 cups of spinach
1 head of iceberg lettuce
1/4 cup of fresh cilantro
2 medium sweet potatoes
2 cups of baby potatoes
3 red bell peppers
3 cups of broccoli
2 cups of green beans
1 cup of snap peas
4 carrots
1 zucchini
1 tomato
1 celery stalk
2 red onions
1 small yellow onion
1 cup of frozen peas and carrots

Eggs, Meat & Seafood

6 eggs
480 g of chicken breast
789 g of ground beef
224 g salmon filet
224 g of shrimp

Grains & Legumes

3 brown rice tortillas
1 1/2 cup of gluten-free oats
1/2 cup of dry quinoa
1 1/4 cup of dry rice
1 cup of black beans
1/2 cup of corn

Dairy

1/2 cup of goat cheese
1/4 cup + 2 tbsp of shredded cheddar cheese

Nuts & Seeds

2 tbsp of sesame seeds

Baking Items

1/2 cup creamy peanut butter
1/2 cup semi-sweet chocolate chips
1/4 cup + 2 tsp of honey

Condiments

4 cup of unsweetened almond milk
1 cup of diced tomatoes
1/4 cup + 2 tbsp of Tamari sauce
1/4 cup of sesame oil
3 tbsp of salsa
2 tbsp of coconut aminos
2 tbsp of balsamic vinegar

Herbs & Spices

2 tbsp chilli seasoning

Extras

4 scoops of vanilla protein powder