



# 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.

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# 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  
Aubergine  
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 Leafy 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

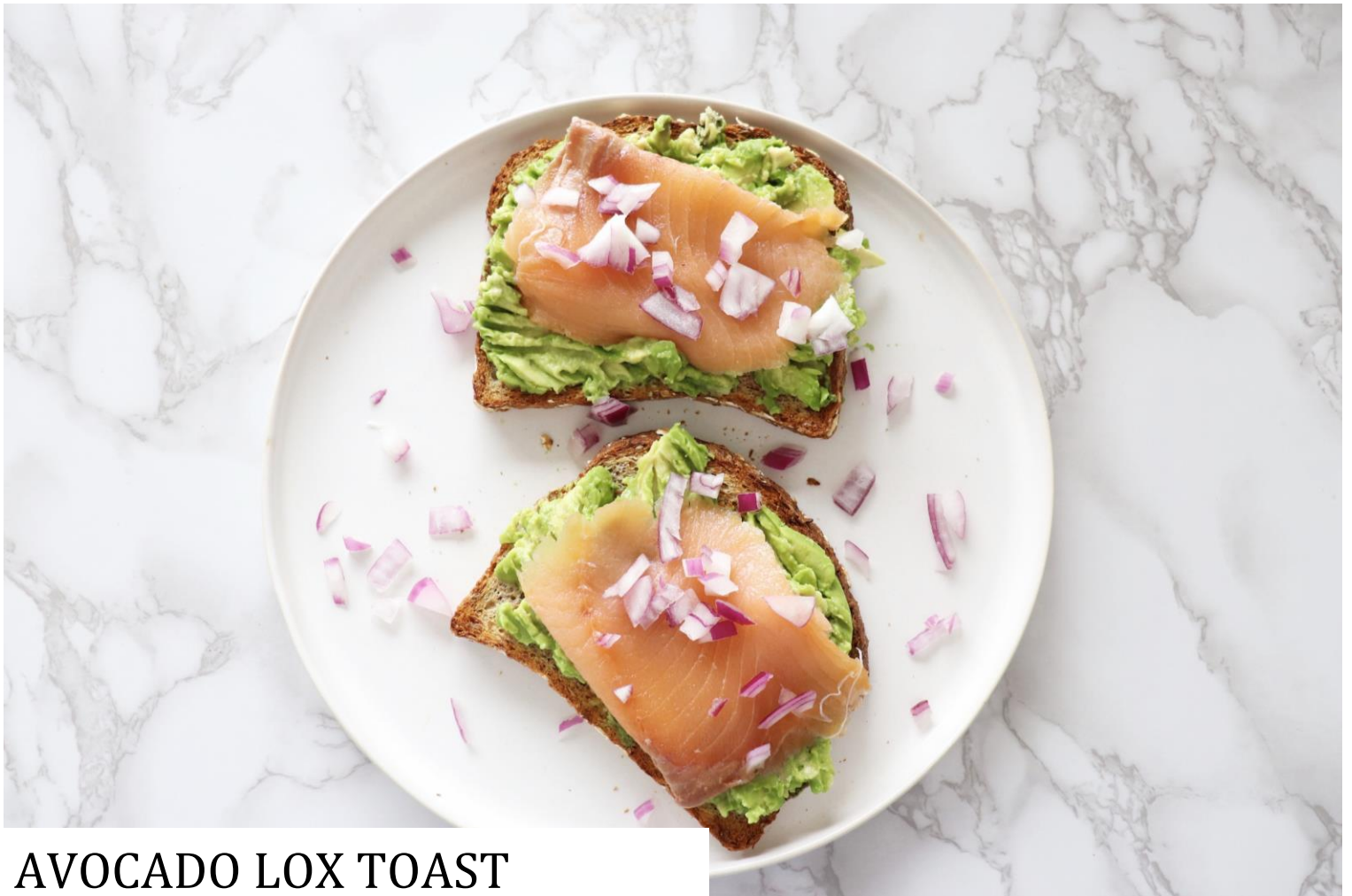
### DIRECTIONS

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. Whisk 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 chicken 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 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