



**Fresh Start Clean
Eating Plan**

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WHAT IS CLEAN EATING?

Clean eating is a surprisingly simple dietary concept that focuses on eating whole foods that have been minimally altered from their original state. Lean proteins combined with healthy fats, and complex carbohydrates provide a diet high in vitamins, minerals, and antioxidants that naturally helps promote health and fitness.

Clean eating is about stripping away the additives, chemicals, fillers, preservatives and junk that confuse our digestive system and can limit our body's ability to thrive.

WHAT ARE THE BENEFITS OF CLEAN EATING?

More Energy

Refined, processed sugar is the white devil. Hydrogenated fats, artificial sweeteners, and MSG don't make as colorful an analogy, but they are just as dangerous nonetheless. Getting rid of these non-food ingredients in our meals can cause energy levels to skyrocket.

Finally, your body will have the chance to burn fat for energy, instead of the readily available 'fake energy' it finds in the pseudo food so easily accessible to most modern dieters.

A clean diet including whole grains and healthy fats will power you all day long, filling your body with steady energy from natural sources, and helping you avoid the dreaded sugar crash.

Better Skin

Getting rid of the processed foods and **turning over the clean eating leaf can help give you the youthful skin you've been dreaming of.** Sugar and processed foods wreak havoc on your insulin levels and excite oil glands, disrupting the natural order of your body's largest organ, your skin. Given a break from all the melee, your skin can easily return to its naturally glowing state.

Get Smarter

It's no secret that chemicals and other dubious food additives fog the brain. In the absence of such unsavory characters, **the natural health benefits of clean food get to play a starring role in fueling our brain cells**, allowing for good clean foods such as avocado and olive oil to step in and contribute valuable omega-3 oils for brain health.

*It is health that is
real wealth and not
pieces of gold and
silver.*

— Mahatma Gandhi

Lose Weight

Clean eating is not about restricting calories to lose weight. However, most people with a few pounds to lose who begin eating clean find that weight begins to effortlessly fall off.

When you fill your body with food that it understands how to process, it has less trouble fighting the digestion of that food. It also has more time to burn fat and rid itself of toxins and build muscle, in the absence of the constant barrage of chemicals and fillers it constantly had to deal with on a traditional modern diet.

And since you'll be eating several small meals a day, feeling full isn't a problem. In fact, if you have any history of dieting, you may find that you have never been more satisfied with the generous amount of food you can eat without feeling guilty.

Prevent Cancer

Today's traditional diet, made quick and easy at the ding of a microwave, has done nothing to slow the advance of cancer on our society. Diet plays a large part in this pandemic, and contributing factors such as refined sugars, hydrogenated fats, MSG, and artificial sweeteners have all contributed to widespread instances of cancer in every corner of our country.

Eating a clean diet of minimally processed foods introduces healthy live foods that cleanse the body, introduce antioxidants and omega-3's to help purify the blood stream and gild the brain against disease, and maybe most importantly, *lowers our chances of ever getting cancer* by *reducing inflammation*.

Live Longer

Living longer is all about reducing inflammation to help reverse the signs of aging, both inside and out. The best way to do that is to find fresh clean foods as your source of omega-3 fats, antioxidants, and fiber.

Luckily, when you eat a clean diet, healthy fats that boast omega-3 fatty acids, fresh fruits ripe with antioxidant power, and complex carbohydrates stuffed with healthy fiber are a dime a dozen. As you'll quickly find, **extending your own shelf life is simply a byproduct of the clean eating lifestyle.**

WHO CAN BENEFIT FROM CLEAN EATING?

Very simply, everyone can benefit from clean eating. It is the best way to support your healthy, fit lifestyle, and the whole family can get on board. It's never too early, and it's never too late to start eating healthy, and feeling good about the food you eat.

Adults can start eating clean today, help the body detoxify, and reverse the damaging effect of chemical mayhem. Children can watch their parents make better decisions, and as children unwittingly do, follow right along in their footsteps.

Making good choices in the way we feed our bodies now, follows us all the rest of our days in the form of better health, and happier families.



*Your children will
become who you
are, so be who you
want them to be.*

— Anonymous

BASIC PRINCIPLES OF CLEAN EATING

Basic Principles of Clean Eating

When we eat clean we choose foods that are as close to nature as possible. The more a food is processed, the more of its nutrient value is lost. The less processed a food is, the cleaner it is considered to be.

Choosing brown rice instead of white rice, for example, makes a difference because the hull and fiber (and much of the nutrient content) of the brown rice is still intact, making it the cleaner of the two foods. And while white rice would be cleaner than a box of Rice-a-Roni, the cleanest choice would still be the brown rice.

As you can see, eating clean falls along a spectrum. You can start from wherever you are now, and take it as far as you want. If you find that you eat relatively clean now, you can do even better, and find even more health benefits from it. If you find that whole grains and vegetables are a new concept to you, it may be that even the smallest adjustment will bring you better health and wellness.

Protein, Carbs, and Healthy Fat at Every Meal

Eating clean is about balancing your diet with a variety of minimally processed foods from all the different nutrient profiles that will nourish and fuel the body toward excellent health and wellness. Part of that balance is filling your plate with the right ratios of food.

Each person's individual needs will be different, and everyone should consult their doctor before starting a new diet, but it is generally accepted that roughly 30% of our daily caloric intake should come from protein sources, 40-50% from carbohydrates, and 30% from essential clean fats.

Many Mini Meals

If you are from the old school where you get three squares a day, prepare to rejoice. Eating clean meals usually means eating smaller meals, but more of them, throughout the day. Breakfast, lunch, dinner, and a couple snacks spread out in between. If you get up early and stay up late, you may end up eating as many as 6-7 small meals each day!

If that sounds like a lot of food, that's because it is. But don't worry. Whole foods that aren't laden with sugar, salt, and added preservatives tend to be lower in calories than chemically processed non-foods (or foods that are not found in nature), so you usually end up with a caloric deficit when compared with what you would normally eat in a traditional modern diet of processed foods. And by ingesting many smaller meals per day, your metabolism will begin to respond to the high demand by burning more calories in an average day.

BASIC PRINCIPLES OF CLEAN EATING (CONT.)

Don't Drink Your Calories

For the best clean eating experience, avoid sodas (including diet or low calorie versions), alcohol, fruit juices, and other processed beverages. Most are filled with extra added preservatives, sugar, food colorings, and other unhealthy ingredients that will harm your body and take away from all the good you are trying to do for yourself on your clean eating journey.

Water is your best bet when you are eating clean. Your body is already made up of roughly 65% water, by most accounts, so it should be the first and last thing you always grab when looking to quench your thirst.

Find plain old water boring? Try adding some cucumber slices and mint, or a squirt of lemon. Still bored? Check out these classic refreshment favorites that pass the clean eating test.

- Sparkling water
- Caffeinated hot tea (Black tea, Green tea, Oolong tea, Earl Grey)
- Herbal Teas
- Iced Tea
- Black Coffee

Keep in mind that our taste buds adapt quickly to what we give them. After a few days of ditching the sodas and opting for water, you may even wonder how you ever went without your trusty *Klean Kanteen* in the first place.





WHAT CLEAN EATING IS NOT

Clean eating is not a gimmick, diet fad, or weight loss trick. It's not about limiting quantities, or measuring grams of protein, or fat. And it certainly isn't about excluding any of the major players in the macronutrient categories of food that make up our diet. All the big boys play a part in clean eating, and you'll enjoy proteins, fats, and carbohydrates alike.

While many people find that they do lose weight, feel better, and have more energy when they start eating clean, it's usually a result of filling their plates full of real, natural foods, and dumping the chemical waste that laces most of the modern diet we have sadly become accustomed to.

The result of all that healthy food is a body that works efficiently the way it is meant to, and feels so good that it subsequently moves enough to burn calories in a way that drops weight and feels good.

Clean eating is not a temporary solution. It is a simple dietary philosophy that changes the way you think about your food, and how it fuels your body.

GET STARTED EATING CLEAN IN 2 EASY STEPS

Step 1: Cleaning out your pantry

This can be a scary first step for some people, but it truly is the best way to ensure that you don't have the comfortable staples you might be used to still lurking in the cupboards of your home.

Clean eating redemption starts with honestly reading the nutrition labels on your processed foods, and banishing the worst offenders right off the bat. The cleanest nutrition labels have the fewest ingredients, but even some of the short ones can have sugar or food coloring in them.

There is definitely a spectrum of clean eating, and no one is perfect, but we want the really hardcore health offenders out of our house and home ASAP, before they threaten our family's health and longevity permanently.

Ingredients to dump in the trash without further ado include:

- Refined Sugar (including high fructose corn syrups, concentrated fruit juices, sucrose, glucose, maltodextrin, cane juice, sorbitol, dextrose, saccharose, xylose)
- Artificial Sugar (Splenda, Nutrasweet, saccharin, Equal, aspartame, acesulfame k)
- Artificial flavors and colors (Yellow no. 5, Red no. 5, and ethyl propionate for example)
- Salt Additives (MSG, disodium phosphate, sodium bisulphate, sodium alginate, sodium benzoate, etc.)
- Hydrogenated fats

A good rule of thumb is, if you can't pronounce it, get rid of it. Ruthlessly rummage through your pantry, fridge, cupboards, and drawers and throw out anything that has an ingredient you can't pronounce or don't recognize.

Avoiding harmful foods isn't nearly as fun, or inspiring, as talking about the vast array of clean foods you get to eat when you replace all the junk that currently resides in your cupboards and fridge with all the mouthwatering ingredients you do get to eat. Let's get to it!

GET STARTED EATING CLEAN IN 2 EASY STEPS (CONT.)

Step 2: Replenish your pantry and fridge — with protein, carbs, and fat

This is where it gets really simple, and really delicious. No more complicated lists of chemical names you don't want, or care, to know how to pronounce. Now you get to fill your cupboards with all the nutrient rich proteins, carbohydrates, and healthy fats that your body can easily use as fuel to burn as energy for all that life brings your way.

Juicy grilled chicken breast? Yes, please.

Steaming hot brown rice? Yeah.

Crunchy buttery almonds? Um, heck yeah!

Each nutrient category nourishes your body in a different way, and each is beneficial. This is why no-fat, all protein, no-carb gimmick diets just don't work in the long run.

They deprive your body of necessary nutrients, and in the end the body simply needs what it needs, and takes over. Fad diet — 1, you — 0.

Here are some examples of the delicious foods you'll get to enjoy as you embark upon this clean eating journey.

GET STARTED EATING CLEAN IN 2 EASY STEPS (CONT.)

Protein

As the building blocks of our body, amino acids in protein carry out vital functions in every one of our systems. We rely on protein for hair growth, muscle repair, nails, brain function... and the list goes on. Without it, we would be in big trouble. And since we can't manufacture complete proteins in our own bodies, we have to get it from our food.

As you can imagine, the type and amount of protein we ingest has a direct effect on the resulting quality of the hair, skin, and brain function our bodies are able to produce with the amino acids at hand.

Some examples of clean protein sources available to us are:

- | | |
|---|---|
| Chicken | Soy (tofu, tempeh) |
| Turkey | Eggs |
| Beef | Greek Yogurt |
| Lamb | Cottage Cheese |
| Pork | Kefir |
| Bison | Legumes (lentils, chickpeas, black beans) |
| Fish (cod, salmon, tilapia, canned tuna, halibut) | Nuts, nut butters, and seeds |
| Shellfish (shrimp, crab, lobster) | |



Tip: When you eat clean, always try to avoid frying, or ordering your food fried. Choose grilled, baked, or broiled whenever possible.

GET STARTED EATING CLEAN IN 2 EASY STEPS (CONT.)

Carbohydrates

Our brains love carbohydrates. Our muscles love them almost as much. Bodies are designed to run on carbohydrates, and they work really well when we give them the right kind. Luckily, they're also delicious!

Complex carbohydrates that have been minimally processed, in the form of starchy grains and legumes, and fresh fruits and vegetables, are a valuable staple in a well-rounded clean diet.

The easiest way to ensure that you get all the different vitamins and minerals you need is to eat the entire rainbow of colors available to you, in the form of fruits and vegetables. This will also ensure that you are getting plenty of healthy fiber to cleanse your system of all the toxins that may have made their way in before you made clean eating a way of life.



GET STARTED EATING CLEAN IN 2 EASY STEPS (CONT.)

Examples of some clean carbohydrates to enjoy include:

Fruits:	Water-based Vegetables:	Starchy Carbs:
<p>Apples</p> <p>Apricots</p> <p>Banana</p> <p>Berries</p> <p>Citrus fruit</p> <p>Grapefruit</p> <p>Grapes</p> <p>Kiwi Fruit</p> <p>Mango</p> <p>Melons</p> <p>Papaya</p> <p>Passionfruit</p> <p>Pears</p> <p>Plums</p> <p>Pomegranate</p>	<p>Artichoke</p> <p>Asparagus</p> <p>Bell Peppers</p> <p>Broccoli</p> <p>Brussels Sprouts</p> <p>Cabbage</p> <p>Cauliflower</p> <p>Celery</p> <p>Cucumber</p> <p>Daikon</p> <p>Eggplant</p> <p>Kale</p> <p>Lettuce</p> <p>Mushrooms</p> <p>Onion</p> <p>Radishes</p> <p>Spinach</p> <p>Sugar Snap Peas</p> <p>Tomatoes</p> <p>Zucchini</p>	<p>Amaranth</p> <p>Beans (split peas, lentils, chickpeas, soybeans, black beans, kidney, white)</p> <p>Brown Rice</p> <p>Buckwheat</p> <p>Bulgar</p> <p>Carrots</p> <p>Corn (Canned corn, corn on the cob, corn tortillas)</p> <p>Millet</p> <p>Potatoes (sweet potatoes, red potatoes, white potatoes, yams)</p> <p>Quinoa</p> <p>Rolled Oats</p> <p>Wheat Germ</p> <p>Whole Grain Pasta</p>

Weight loss tip: If you are watching your weight, try restricting your starchy carbs and fruits to the hours around your workout, filling your plate with more vegetables at other meals.

GET STARTED EATING CLEAN IN 2 EASY STEPS (CONT.)

Fats

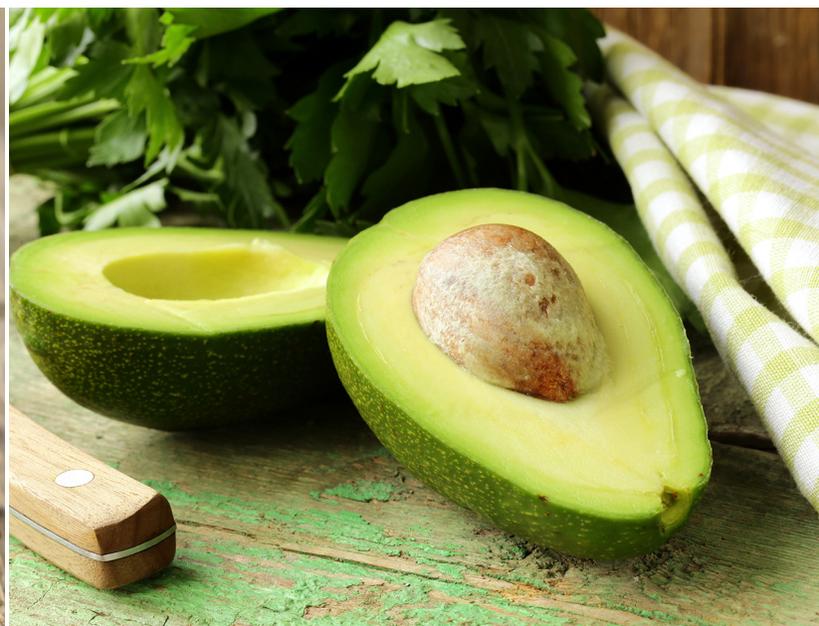
The emergence and popularity of low-fat diets over past decades have helped give fat a bad rap, but the truth is that we need fat to survive, and even more than that, our bodies require it for optimum functioning.

When we eat clean, we'll be giving ourselves the benefit of only the best fats nature has to offer. And since fats help keep you feeling full, you'll be satisfied longer, and won't feel the need to snack in between meals. Salads with avocado, nuts to snack on, and salmon rich in omega-3 fatty acids will provide plenty of the energy you need to fuel your day.

Some examples of excellent clean foods to satisfy your fat intake are:

- Nut butters (almond butter, peanut butter, cashew butter)
- Nuts (Almonds, pistachios, cashews, walnuts)
- Avocados
- Cold-water fish (Wild Salmon, Black Cod, Albacore Tuna, Pacific Halibut)
- Oil (coconut oil, olive oil, safflower oil, flax oil, grapeseed oil)
- Seeds (chia seeds, sunflower seeds, flax seeds)

These are not exhaustive lists



THE EXCEPTIONS TO THE RULE—WHEN PROCESSED ISN'T BAD

After all of this pomp and circumstance designed to show you that processed foods need to go the way of the 8-track tape, you might be surprised to find that some processed foods are completely acceptable. It just depends on what kind of processing we're talking about.

Since the dawn of time, people have been drying and curing meats, fermenting vegetables and cheeses, and dehydrating fruits to extend the life of our food. In more recent years, advancements in technology have allowed us to expand our food preservation options to canning, bottling, freezing, and even aseptic packaging.

If we have strictly defined our clean eating guidelines by a definition of unprocessed foods, then we're going to miss out on a lot of really healthy (and delicious) canned, frozen, and otherwise perfectly clean food, that just happens to not be fresh.

What we don't want is added or altered non-food. Feel free to stock up on canned green beans, tomato sauces, frozen fruit, dried fruit, and berries. Just remember to check the label to avoid hidden sugars, salts, and other unwanted ingredients. Less is more when it comes to your clean eating pantry.



SAMPLE 7 DAY MEAL PLAN

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Breakfast	Breakfast Egg Burrito	Rolled Oats Blueberries Hard Boiled Eggs	Greek Yogurt w/ Pineapple and Honey	Breakfast Egg Burrito	Rolled Oats Blueberries Hard Boiled Eggs	Greek Yogurt w/ Pineapple And Honey	Breakfast Egg Burrito
Snack	Apple Almonds	Edamame	Hard Boiled Eggs Bell Pepper Slices	Apple Almonds	Edamame	Hard Boiled Eggs Bell Pepper Slices	Apple Almonds
Lunch	Wholegrain Chicken Wrap	Chicken Burrito Bowl	Fish Tacos	Whole Grain Chicken Wrap	Chicken Burrito Bowl	Fish Tacos	Whole Grain Chicken Wrap
Snack	Cucumber Slices Hummus	Low-fat Cottage Cheese with Tomatoes and Avocado	Spicy Oven-roasted Chickpeas	Cucumber Slices Hummus	Low-fat Cottage Cheese with Tomatoes and Avocado	Spicy Oven-roasted Chickpeas	Cucumber Slices Hummus
Dinner	Chicken Kabobs Tropical Kale Salad Brown Rice	Grilled Salmon Baked Sweet Potato Green Salad w/ Olive Oil & Balsamic Vinegar	Turkey Burgers on a Whole Grain Bun with Baked Sweet Potato Fries	Chicken Kabobs Tropical Kale Salad Brown Rice	Grilled Salmon Baked Sweet Potato Green Salad w/ Olive Oil & Balsamic Vinegar	Turkey Burgers on a Whole Grain Bun with Baked Sweet Potato Fries	Chicken Kabobs Tropical Kale Salad Brown Rice

Recipes

Tropical Kale Salad

Ingredients:

4 cups rough chopped raw kale
1/2 cup finely diced pineapple
1/8 cup finely diced red onion
the juice of 1/2 of a lemon
1 tbsp extra virgin olive oil
salt and pepper to taste

Instructions:

Put kale in a bowl and drizzle olive oil over top. With clean hands massage the kale roughly until the greens are wilted and soft. Volume will decrease by about 1/2.

Add pineapple, red onion, squeeze the half a lemon over top, and toss together until well incorporated. Add salt and pepper to taste.



Breakfast Egg Burrito

Ingredients:

1 whole grain wrap
2 scrambled eggs
1/4 cup black beans
1/4 cup salsa
1 tbsp chopped cilantro

Instructions:

Place all the ingredients into the wrap and fold together.

RECIPES (CONT.)



Ground Turkey Burgers

Ingredients:

- 1 pound of ground turkey
- 4 whole grain buns
- 1 egg
- 1/3 cup rolled oats
- tomato slices
- hummus
- lettuce
- avocado

Instructions:

In a large bowl mix ground turkey, egg, and oats. Mix together to incorporate. Form 4 large hamburger patties. Grill hamburger patties until thoroughly cooked and set aside.

Spread hummus on either side of whole grain buns. Add tomato, lettuce, avocado, and turkey patty. enjoy!

Chicken Burrito Bowls

Ingredients:

- 1/2 cup chopped chicken breast
- 1/4 cup brown rice
- 1/4 cup black beans
- chopped lettuce
- 1/4 cup salsa
- 1 lime wedge

Instructions:

Place all ingredients into a bowl and cover with salsa. Squeeze with lime wedge.



RECIPES (CONT.)

Spicy Cilantro Sweet Potato Fries

Ingredients:

- 3 medium sweet potatoes
- 2 tbsp olive oil
- 1 tbsp chopped cilantro
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp salt
- 1 tsp pepper

Instructions:

Preheat oven to 450 degrees.

Mix cilantro, garlic powder, onion powder, salt, and pepper together in a small bowl and set aside.

Chop sweet potatoes into wedges, or thin steak fries. Place fries in a large bowl and drizzle oil over wedges. Sprinkle pre made seasoning over fries and toss to evenly coat. Spread fries on parchment or foil lined baking sheet and bake, turning once, for 20-30 minutes at 450 degrees, or until sides of fries are crispy and brown.

1 Whole Grain Chicken Wrap

Ingredients:

- 1 whole grain wrap
- hummus
- ½ cup chopped chicken breast
- ½ a sliced tomato
- ¼ of an avocado
- lettuce

Instructions:

Spread hummus on whole grain wrap. Place lettuce, tomato, avocado and chicken down in wrap. Fold up wrap and enjoy.



RECIPES (CONT.)

4 Chicken Kabobs

Ingredients:

1 large chicken breast
1-2 bell peppers
6 cremini mushrooms
1 red onion

seasoning mix:
1 tsp garlic powder
1 tsp onion powder
salt
pepper

Instructions:

Mix spices, salt and pepper together in a bowl and set aside.

Slice chicken breast into 1 inch cubes. Cut bell pepper and onion into 1 inch slices and mushrooms in half, and thread ingredients onto kabob skewers, alternating ingredients.

Sprinkle seasoning evenly over skewers and grill over medium heat until chicken is cooked through.



Fish Tacos (makes 3 fish tacos)

Ingredients:

3 corn tortillas
½ cup of cooked flaked salmon
½ cup shredded green cabbage
¼ of an avocado sliced
chopped cilantro
several small lime wedges

Sauce:

¼ cup plain greek yogurt
⅛ cup salsa
1 tsp chili powder

Instructions:

Mix greek yogurt, salsa, and chili powder together. Set aside.

Divide cabbage between the three tortillas, followed by the fish, then the avocado, and cilantro. Finally with a spoon, drizzle sauce across each taco and squirt lime on each.

RECIPES (CONT.)

Spicy Oven-Roasted Chickpeas*

Ingredients:

2 15-ounce cans of chickpeas (drained)
2 tbsp olive oil
1 tbsp fresh lemon juice
1 tsp paprika
1 tsp garlic powder
1 tsp onion powder
pinch of cayenne pepper
sprinkle of salt

Instructions:

Dry chickpeas by rolling them around on paper towels. Combine olive oil, lemon juice, paprika, garlic powder, onion powder, cayenne pepper, and salt together in a bowl. Add dry chickpeas and mix to coat evenly.

Transfer chickpeas to a foil or parchment lined baking sheet and bake at 400 degrees for approx 25-35 minutes, shaking the tray halfway through, or until chickpeas are browned and crispy.

*adapted from: <http://www.foodnetwork.com/recipes/claire-robinson/spicy-baked-chickpeas-recipe.html>

If you keep good food in your fridge, you will eat good food.

— Errick McAdams



GROCERY LIST

DAIRY

- Eggs
- Low-fat cottage cheese
- Greek yogurt
- Red onions
- Kale
- Lettuce
- Cilantro
- Salsa
- Cabbage
- Cucumbers
- Tomatoes
- Blueberries
- Limes
- Lemons
- Pineapple
- Apples
- Sweet potatoes
- Whole grain wrap tortillas
- Whole grain hamburger buns
- Corn tortillas
- Brown rice
- Canned chickpeas
- Canned black beans
- Almonds

MEATS

- Ground turkey
- Chicken breast
- Salmon

FRESH PRODUCE

- Avocados
- Bell peppers
- Edamame
- Cucumbers
- Hummus
- Cremini mushrooms

SIDES

- Honey
- Olive oil
- Balsamic vinegar
- Garlic powder
- Onion powder
- Chili powder
- Kabob skewers

DRY & CANNED GOODS

- Rolled oats



MEAL PREP 101

Since eating clean comes with the inherent lack of convenience present in our modern pre-packaged diet, we have to take a few extra steps to make it as quick and easy as we're used to. Luckily, just a few quick tips can save you loads of time and effort in the kitchen. This comes in the form of "meal prep."

Tip #1

Once you've finished your weekly shopping pre-chop all your vegetables and herbs for the week and store them securely in storage containers in the fridge. Then when you are ready to make a meal, or have a snack, so are your veggies.

Tip #2

Cook proteins and starchy carbs in large batches. Many people start their week by cooking large batches of chicken and rice on Sunday afternoons so they have plenty ready for the coming week. Boil eggs a dozen at a time, cook chicken several breasts at a time, and cut it all up to use later when the need arises. It's a lot easier to grab a cooked hard boiled egg out of the fridge for a snack, or add a topping of cut up chicken breast to your salad when it has already been cooked.

Tip #3

Keep cut salad greens and herbs fresh in a plastic bag or ziplock by adding a few paper towels in to absorb moisture until you are ready to use them.

Tip #4

When eating an avocado, cut your way around, leaving the pit in as long as possible. It helps keep the inside from turning brown.

MEAL PREP 101 (CONT.)

Tip #5

Dig out your crockpot! Crockpot meals are great, especially in the fall and winter when a good hearty stew or soup can cook all day while you work and be ready to feed the whole family when you walk through the door.

Tip #6

Keep portable foods handy in your purse or car. The worst time to be hungry is when there isn't any clean food around. To avoid this perilous situation, try keeping shelf stable snackables on-hand wherever you go. Great combinations include apples and almonds, or dried fruit and air-popped popcorn.



SNIPPETS

10 Best Places on the Internet to find Clean Recipes:

1. cleaneatingmag.com
2. michelledudash.com
3. handsheeatclean.com
4. toscareno.com
5. thegraciouspantry.com
6. mariamakesmuffins.com
7. farrcleanerlife.com
8. sparkpeople.com
9. lexiscleankitchen.com
10. thecleandish.com

*If you do what you've
always done, you'll get what
you've always gotten.*

— Tony Robbins



SNIPPETS (CONT.)

Where do Protein Bars and Powders Fit into Clean Eating?

The answer to this question depends on where you fall as an individual at this point in time on the spectrum of clean eating. If you and your family have only recently exited your favorite golden arches drive through, then the convenience and relative nutrition of a high protein shake or bar may outweigh the fact that it is considerably processed.

While the core foundation of clean eating is built upon foods being minimally altered from their original state, protein bars and shakes do offer a very convenient way to get high doses of macronutrients when you are on the go and lack the time to get them any other way.

It's a personal choice that only you can make based on how long you've been eating clean, and how dedicated you are to the philosophy. That being said, not all protein sources are created equal, and the sweeteners used are not either. The best course of action is to discuss it with your personal trainer and decide together what the best course of action is for you at this point in your fitness journey.



SNIPPETS (CONT.)

Best Clean Eating Finds for the Season

The best produce is fresh and local. And the best place to find that produce is from your local grocer or farmer’s market.

Picked at the peak of ripeness, and bursting with nutrition and flavor, clean eating dishes are best served with fresh fruits and vegetables from as close to the source as possible. Choose your ingredients from the list of seasonal offerings and keep things interesting by mixing up your recipes as the seasons change throughout the year.

Product	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sept	Oct	Nov	Dec
Apples								Blue	Blue	Blue	Blue	
Arugula	Red	Red	Red	Red	Red					Red	Red	Red
Asparagus			Blue	Blue	Blue	Blue						
Bean, Bluelake							Red	Red	Red			
Bean, French							Blue	Blue	Blue			
Bean, Dried Heirloom	Red											
Bean, Wax							Blue	Blue	Blue			
Bean, Fava				Red	Red	Red	Red					
Beets	Blue								Blue	Blue	Blue	Blue
Berries						Red	Red	Red				
Broccoli		Blue	Blue									
Cabbage		Red	Red	Red								
Carrot			Blue	Blue	Blue	Blue	Blue	Blue				
Carrot, Baby Bunch				Red	Red	Red						
Carrot, Baby Round				Blue	Blue	Blue						
Carrot, Nantes			Red	Red	Red	Red	Red					
Cauliflower, Carnival	Blue	Blue	Blue									
Celery Root												Blue
Chard	Red								Red	Red	Red	Red
Cherries					Blue	Blue						
Chicories	Red	Red	Red							Red	Red	Red
Collards	Blue	Blue	Blue	Blue						Blue	Blue	Blue
Corn							Red	Red	Red			
Cucumber							Blue	Blue	Blue			
Endive	Red											
Fava Greens		Blue	Blue	Blue	Blue							

SNIPPETS (CONT.)

Product	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sept	Oct	Nov	Dec
Fennel		■	■	■	■							
Figs									■	■	■	
Garlic, Green		■	■	■	■	■						
Kale, Lacinato/Dino	■	■	■							■	■	■
Leeks	■	■	■	■	■					■	■	■
Lemon, Meyer	■	■										
Mandarins	■	■									■	■
Melons							■	■	■			
Mushroom, Morel				■	■							
Mustard Greens	■	■	■	■						■	■	■
Nettles		■	■									
Oranges, Blood	■	■										
Parsnips	■								■	■	■	■
Pears								■	■	■	■	
Peas, English				■	■	■						
Peppers, Bell						■	■	■	■			
Persimmon	■										■	■
Pomegranate	■										■	■
Potato, Fingerling	■								■	■	■	■
Potato, German Butterball	■								■	■	■	■
Potato, Marble	■								■	■	■	■
Potato, Yellow Finn	■								■	■	■	■
Quince									■	■	■	
Spinach, Bloomsdale										■	■	
Squash, Summer							■	■	■			
Squash, Winter										■	■	■
Stone Fruit							■	■	■			
Strawberries				■	■							
Sunchokes	■	■								■	■	■
Sweet Potato/Yam												
Tangerines	■	■									■	■
Tomatoes							■	■	■	■		
Tomato, Heirloom							■	■	■	■		

SNIPPETS (CONT.)

Naturally Sweet Options

We know that refined sugars and non-foods like artificial sugars are gone like the wind, but what about the days when we really want a sweet treat? Or simply aren't willing to give up the simple pleasure of a little sweetener in our morning coffee?

Turns out, after we clean house (or pantry as the case may be) and rid our diets of excess processed sugar and artificial sweeteners, there are still a few fantastic natural options left, to be used sparingly of course, when we just need to satisfy our sweet tooth.

These natural sweeteners are minimally processed, and as such, are recognized by our body as a substance that can be assimilated and digested. When used in moderation, natural sweeteners aren't likely to derail the average clean eating diet.

Natural Sweetener Options:

Honey
Agave nectar
Stevia
Sucanat

Pure maple sugar
Maple sugar flakes
Date sugar

SNIPPETS (CONT.)

How to Choose Ripe Fruit

Watermelon

Find a watermelon that has a slightly flattened creamy whitish spot on one side where it was resting in the field. If you are looking at one that doesn't have such a spot, put it back and find one that does. If the creamy whitish area is dark and has areas of brown, even better, since that indicates the watermelon had time to sweeten and ripen before it was picked. If given the choice between two watermelons with equally attractive brownish-creamy-white-flat spots, always choose the heavier of the two, as that will be the juicier one.

Cantaloupe

Look at the cantaloupe to see if it still has a green color under the tan exterior. If it does, put it back and try to find one that is more tan or orange. Next, smell the stem end to see if it smells like cantaloupe. A ripe one should smell sweet. If it smells moldy at all, put it back. Finally, check the blossom end for softness. Press with your finger and look for slight softness, but not too much. Just a slight give.

Pineapple

A ripe pineapple will usually smell sweet. If you can't tell by the smell whether or not a pineapple is ready to be eaten, try plucking a leaf or two from the top of the pineapple. If the leaves pop out easily, then the pineapple is likely ripe, but if the leaves resist, it may not be ready.

Mango

Mangos can be deceiving to choose based on color alone. The best way to tell if a mango is ready to eat is to gently squeeze it, and see how soft it is. A ripe mango will give, ever so slightly, when squeezed. If by unfortunate chance you should end up at home with a hard mango, you can place it inside a paper bag on the counter, and it will ripen within a day or two.

There is no one giant step that does it, it's a lot of little steps.

— Peter A. Cohen

SNIPPETS (CONT.)

Herbs & Spices Are Your New BFFs

In the world of clean cuisine, spices reign supreme. Subtle hints of smoky, sweet, and savory can be used to transform simple ingredients into mouthwatering dishes, and it doesn't take a master chef to do it.

Each region of the world has its own typical blends that appear over and over, and if you can keep a few standard herbs and spices on hand, you can combine them endlessly to create inspiring new dishes your family will love.

Mexican — garlic, cilantro, oregano, paprika, coriander, cumin, chipotle paste

Italian — garlic, basil, oregano, marjoram, thyme, rosemary

Thai — kaffir lime leaves, sweet basil, lemongrass, Galangal (Thai ginger), turmeric, garlic, coriander, spearmint, chillies, curry

Japanese — shiso, wasabi, ginger

Chinese — five-spice, ginger, garlic

A word of caution: Beware of pre made store bought spice blends. Some are harmless enough, but be careful to read the ingredients to check for maltodextrins and sugars that would thwart your clean eating efforts.

SNIPPETS (CONT.)

Oh How Sweet it is — The Skinny on Dessert

It's been said that you can't have your cake and eat it too, but even the wisest sage is sometimes wrong. When it comes to eating clean, you can combine any number of clean and natural ingredients to create a decadent and delicious dessert that would please even the most discerning palate. After all, eating clean isn't about depriving yourself of flavor and taste, it's about keeping your food natural and unprocessed... or clean!

Dessert is your choice. If you are watching your waistline, then proceed with caution. More calories = more calories. But with everything being relative, and sugars being natural, measure your indulgence against your hard work at the gym, and consider that a clean dessert is always a better choice for you and your family's health and well-being when compared to chemicals, additives, artery clogging fats, and refined sugars.

Here's a sweet treat you can whip up for the dessert lover in your household — sans guilt.

Chocolate Banana Ice Cream (makes 2 servings)

Ingredients:

- 1 very ripe banana
- 1 tsp cocoa powder

Instructions:

Chop the banana into thin slices and put pieces into the food processor. Pulse, scraping banana down the sides occasionally, until mixture begins to take on a smooth texture. Add cocoa powder and continue pulsing until texture begins aerating and looks fluffy.

Remove to separate container with lid and freeze for 1 hour, or until desired frozen consistency is achieved.

Try adding these fun additions for a unique flavor twist:

- cinnamon and honey
- avocado
- nut butter
- strawberry
- blueberry



ABOUT CALIFORNIA FAMILY FITNESS

California Family Fitness (CFF), Northern California's premier family fitness center, has served the greater Sacramento area for more than 20 years. With 19 conveniently located facilities, CFF is committed to providing members and guests of all ages with state-of-the-art equipment, popular programs and activities in a clean, fun and friendly family environment.

CFF is proud to offer the following services, including: child care, personal training/nutrition plans, various swim programs, and numerous unique fitness classes such as; mind/body training, aqua fitness, and cardio/choreographed classes. With the goal to continue expanding throughout California, CFF hopes to impel a healthier community one family at a time.

CFF's philosophy is simple: We make being fit fun and entertaining for the entire family. That's because we, too, are family members and recognize that without health, nothing else really matters.

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1975 Zinfandel Drive,
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(916) 631 - 8800



CALIFORNIA
Family Fitness

8680 Greenback Lane, Suite 108
Orangevale, CA 95662

(916) 987-2030
CaliforniaFamilyFitness.com