



*Clean Eating
Checklist*

DAILYFITNESSZONE.COM

Lea Thompson

Clean Eating Guide

If you're like most people, you've heard of clean eating, but you still have no idea where to start. No worries here you're in good hands. I will give you the basics and you will be able to build from there.

Let's start here:

What is Clean Eating?

Clean eating is essentially a back to the basics approach to food. Most of what we consume now isn't really food. I wish I could say it was the best of science lab experiments, but it isn't even that. On top of that, most of the chemical-food like ingredients are harmful. Practicing a clean eating diet will at best, start helping your body get back to metabolizing food like it should, nourish your body to provide the vitamins and nutrients you need, and help fuel you properly so you'll have enough energy to get through the day.

My favorite part about using and eating clean ingredients is that the food is interchangeable. You can create so many versatile meals that will give you well-balanced nutrition, that taste delicious, and are budget-friendly.

Bonus: You are making the best choice for optimal health and fitness when you make clean eating a habit. So without further ado, let's get this clean eating party started!

When you're shopping for the right amount of food, consider this:

When you plan out your meals, you'll want portions on your plate to resemble the portions below.

1/2 Plate of Veggies

3/4 Plate of Lean Protein

1/8 Complex Carbs

1/4 Healthy Fats

For the most part, you will shop the perimeter of the store so you can purposefully avoid:

Wheat/Gluten products

Dairy

Refined Sugar

Processed Foods (Boxed or Package goods - Including non-organic frozen dinners)

Fast Food

***Optional, yet HIGHLY recommended - Alcohol**

Why?

Food that goes into your body is either turned into energy or stored as fat. When your body doesn't understand what to do with a substance, it converts it to fat and stores it as fat cells.

This excess fat can be a major culprit for how you feel, your lack of energy, and any disease related causes. We want to build the habit to eliminate these factors so the body can get to a healthier state.

CLEAN EATING CHECKLIST

Shop.

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THE CHECKLIST

Meat

Lean Meat, organic if you can

Grassfed Beef is acceptable

Freshwater Fish

Fruit and Veggies

Organic or locally grown fruits and veggies

All except corn are welcome

Grains

Brown Rice

Brown Rice Pasta

Quinoa

Steel Cut Oats

Healthy Fats

Oils (avocado, olive, coconut, almond, grapeseed, etc)

Nut Butters (except peanut)

Nuts/Seeds

Almonds

Cashews

Pecans

Pumpkin Seeds

Sunflower Seeds

Walnuts

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THE CHECKLIST

continued

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Dairy Alternatives

Almond Milk
Coconut Milk
Hemp Milk
Flax Milk
No Soy

Condiments

Apple Cider Vinegar
Balsamic Vinegar
Lemon Juice
Lime Juice
Mustard
Dairy-Free Mayo

Sugar Substitutes

Agave Nectar
Stevia
Truvia
Coconut Sugar Crystals
No Sweet N Low or similar substitute

Miscellaneous

Tea (my fave is this)
Spices
Flour (except white)
Gluten Free Food
Ezekiel or Gluten Free Bread (if you must)

This is NOT an exhaustive list, but it is a good foundation. Should you want to continue with your new, healthy lifestyle email me at lea@dailyfitnesszone.com to set up a call.

Happy Clean Eating!

Lea Thompson