

Clean Eating Challenge

I'm glad you've decided to join me in this clean eating challenge. The challenge will start on Monday December 9 and will last for 7 days. You will get the most benefit from the challenge by sticking to the guidelines. However, much can be learned from a challenge like this even if you are only partially successful.

The goals of this challenge are as follows:

- To become more aware of what you eat on a daily basis
- To become more aware of what you crave and how often you are having cravings
- To see if you can eliminate unhealthy foods for a period of time
- To figure out what you have trained your body to crave and begin to train it to want healthier options
- To track how your body feels when you eat clean vs. how it feels when you eat poorly

General guidelines:

You are not going to count calories during this week. This is not about calorie restriction but about fueling your body with nutrient dense foods.

During this challenge week eat 5 to 6 small meals.

Include whole fruits and vegetables for at least 3 meals per day.

Eat a good source of protein in at least 3 of the meals.

You can have low-glycemic grains if you choose to have them in your plan. The best time to eat these are for breakfast and after exercise.

Allow 2 treats during the week. This can be a treat meal or a dessert. You choose – be happy. 😊

Avoid (except as one of your treats):

- Pasta
- White rice
- Candy (except dark chocolate – at least 70% cacao)
- Ice cream, fudge, etc.
- Bread, chips, crackers
- Juices and other sugary drinks
- Flavored yogurt
- Processed cheese (like American, Velveeta)

If it comes in a box, bag or can and has ingredients you can't pronounce, it is probably not a clean food.

Eat from this list:

- plant-based foods
- fruit
- vegetables
- roots
- beans
- mushrooms
- nuts
- water, coffee, tea
- whole oats, brown rice, quinoa, amaranth, millet
- dark choc (70% or greater cacao)
- low-sugar, low-fat dairy
- natural cheeses
- healthy fats (olive, fish, sesame, grapeseed, coconut, flax)
- fish
- lean beef, poultry, pork
- eggs
- protein powder (whey, pea, brown rice)
- unsweetened almond milk