

Clean Eating: Guidelines

Supplements:

- Probiotic (over 8 billion)
- Digestive enzymes (use when eating heavy, cooked foods – meats, fatty foods)
- Omega 3 / DHA
- Calcium / Vitamin D (try Maramor chocolates)
- Multivitamin

For Weight Loss:

Timing: Eat every 3 hours after breakfast

- Eat breakfast shake within 1 hour of waking
- Have snack or lunch 3 hours after
- Plan for afternoon snack
- Dinner 3 hours before bed
- <100 calorie snack (Maramor + tea)

Portions: Use the plate method with every meal!!

- Half your plate veggie/salad
- ¼ carbs
- ¼ lean protein
- Moderate, healthy fats (use list below to determine)



Composition: Eat a protein, carb and fat with each meal and snack

This is super important and will keep your blood sugar stabilized and keep you satisfied after meals. Use lists below as a guide for what foods make up a carb, protein, and fat.



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21 Day Clean Eating Detox – After Party

Healthy Fats

All nuts (raw or dry roasted)
Nut Butters (natural)
Avocado
Fermented Soy Foods
Shredded Coconut
Coconut Milk
Coconut Oil
Olive oil
Grapeseed Oil
Flaxseed
Chia seed
Sunflower Seeds
Pumpkin Seeds
Hemp Seed
Beef
Chicken/Turkey
Salmon
Pork
Nutritional Yeast
Eggs
Cheese
Full Fat Yogurt
Edamame
Miso

High Fiber Carbs

Quinoa/Grains
Pasta/Brown Rice
Artisan-type Breads
Potatoes
All veggies
All fruit
All dried fruit
Tortillas/Wraps
Milk
Sweetened Yogurt
Beans/Lentils
Kefir
Edamame

Lean Protein

Meats, Poultry, Fish
Edamame
Quinoa
Beans/Lentils
Eggs
Cheese (check label)
Greek Yogurt
Cottage Cheese
Miso
Tempeh
Bean Curd (fermented tofu)
Kefir

**Sweets like cakes, cookies, pies, ice cream, candy, chocolate, etc. are carbs and fats. If you are eating these, adjust your plate/meal accordingly.

Speaking of sugar, if weight loss is your goal -- avoid it!! Use low sugar fruits as your main sugar source. Fruits lowest in sugar are generally all berries, watermelon, honeydo, cantaloupe, apples, and apricots.



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Clean Eating Pantry

Keep a few items from each category in stock for quick and easy meals.

Meats, Beans and Fish (protein)

- Lentils (canned or dry)
- Black Beans (canned or dry)
- White Beans (canned)
- Cannellini Beans (canned)
- Garbanzo Beans (canned)
- Organic, Free Range Eggs
- Organic Chicken Breast
- Organic Turkey
- Ground Turkey (90% lean, organic)
- Grass-Fed Beef (90% lean)
- Organic Pork/Pork Loin
- Canned Tuna
- Wild Sockeye Salmon
- Wild Salmon, canned
- Wild Cod, Halibut, Mackerel, or Bluefish

Non-starchy Vegetables (organic or local grown)

- Ginger (fresh or dried)
- Cucumber
- Baby Spinach
- Romaine Lettuce
- Asparagus
- Celery
- Kale
- Collard Greens
- Swiss Chard
- Arugula
- Beets
- Broccoli/Broccolini
- Garlic
- Tomatoes
- Green Bell Peppers
- Red Bell Peppers
- Yellow Bell Peppers
- Orange Bell Peppers
- Yellow Onions
- Green Onion
- Red Onion
- Purple Onion
- Shallots
- Zucchini
- Jicama
- Carrots
- Corn
- Endive
- Sugar Snap Peas
- Cauliflower
- Green Cabbage
- Mushrooms
- Brussels Sprouts
- Fresh lemons/limes



High Fiber Carbs/Grains

- Quinoa
- Sweet Potatoes
- Brown Rice
- Whole Wheat Pasta
- Artisan Breads
- Corn Tortillas

Fresh & Dried Fruit

- Apples
- Kiwis
- Pineapples
- Bananas
- Grapefruit
- Medjool dates
- Mangos
- Papaya
- Blueberries (fresh and frozen)
- Strawberries (fresh and frozen)
- Goji Berries
- Grapes
- Avocado
- Peaches (fresh and frozen)
- Pomegranate seeds
- Raisins
- Oranges
- Tangerines

Fresh Herbs/Spices/Extracts/Seeds/Nuts

- Extract (Hazelnut, Vanilla)
- Organic Vanilla
- Nu Naturals Liquid Stevia (regular and vanilla)
- Raw Cacao Powder



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- Maca Powder
- Hemp Seeds
- Ground Flax Seeds
- Chia Seeds
- Sunflower Seeds
- Coriander
- Fennel Seed
- Fresh Mint
- Fresh Parsley
- Fresh Dill
- Fresh Cilantro
- Fresh Thyme
- Fresh Oregano
- Fresh Basil
- Fresh Rosemary
- Cinnamon
- Nutmeg
- Cinnamon
- Raw /Dry Roasted Almonds
- Raw Dry Roasted Cashews
- Raw/Dry Roasted Pine Nuts
- Raw / Dry Roasted Walnuts
- Raw / Dry Roasted Pecans
- Almond Meal (ground almonds)
- Pumpkin Seeds
- Extra-Virgin Olive Oil
- Coconut Oil
- Grape Seed Oil
- Celtic or Kosher Sea Salt
- Cumin Powder
- Curry Powder
- Turmeric
- Garlic Powder
- Bay Leaf
- Red Pepper Flakes
- Nutritional Yeast
- Peanut Butter



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- Almond Butter
- Nama Shoyu

Condiments

- Apple Cider Vinegar
- Balsamic Vinegar
- Unsweetened Coconut Milk
- Coconut Water
- Organic Unsweetened Almond/Hemp Milk
- Shredded Unsweetened Coconut Flakes
- Organic Chicken & Veggie Broth
- Dijon Mustard
- Tahini
- Wheat Free Tamari
- Braggs Liquid Aminos
- Organic Ketchup

Miscellaneous & Snack Foods

- Lara Bars
- Organic Brown Rice Cakes
- Dolmas
- Unsweetened Applesauce
- Raw Trail Mix
- Hummus

Food Definitions:

- **Dolmas** – *Stuffed grape leaves*
- **Braggs Liquid Aminos** – *A liquid protein concentrate made from soybeans, Braggs may also be used as another gluten-free alternative to soy sauce.*
- **Wheat Free Tamari** – *A type of soy sauce that is made from 100% soybeans and contains no wheat.*
- **Tahini** – *A paste made from sesame seeds, tahini is used in hummus and a variety of other dishes.*
- **Unsweetened Coconut Milk** – *Made from a puree of a mixture of the meat of a coconut and water, it can be used as a milk substitute.*
- **Coconut Water** – *The liquid found in the center of a young coconut, the water is fat-free and low in calories. Add to smoothies or drink plain.*



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- **Nutritional Yeast** – *non-active yeast high in protein, nutritional yeast can be used as a cheese substitute in recipes.*
- **Nama Shoyu** - *Unpasteurized soy sauce that is full of live enzymes.*
- **Coconut Oil** - *From the fruit of the coconut palm tree, coconut oil is ideal for light fair and baking.*
- **Grape Seed Oil** – *As versatile as olive oil, this oil can be used in all types of cooking or in salads and marinades.*
- **Celtic/Kosher Sea Salt** – *With a larger grain than table salt, this type also contains no additives.*
- **Raw Cacao Powder** - *Cacao powder is simply the cacao bean (used to make chocolate) that has had the fat removed through a cold-pressing process. Use it in smoothies and homemade bars, as well as desserts.*
- **Maca Powder** – *Made from the maca plant, a root vegetable that grows in the Peruvian Andes, maca powder has numerous health benefits and can be added to smoothies or tea.*
- **Hemp Seeds** – *A great source of essential fatty acids and protein, hemp seeds may be added to cereal, trail mix, baked goods, salads and more.*
- **Ground Flax Seeds** – *Rich in omega-3's, fiber and more, ground flaxseed, which is better absorbed than its whole form, can be added to almost anything.*
- **Chia Seeds** – *Another great source of omega-3's and fiber, chia seeds are as versatile as flax, and can be eaten whole.*
- **Medjool dates** – *These large, sweet and soft dates can be eaten plain or chopped and added to salads.*
- **Goji Berries** – *A bright red-orange fruit native to Asia, these berries may be eaten raw, cooked, or dried and are used in herbal teas, and juices.*
- **Artisan Breads** – *Specialty, handmade breads prepared in small batches.*
- **Quinoa** – *Though this high-protein food is typically thought of as a grain, quinoa is actually the seed of a plant. It comes in a variety of colors, the main difference being their taste.*
- **Swiss Chard** – *This tall, leafy, green has a thick stalk that comes in a variety of colors. Try using in place of spinach in recipes.*
- **Jicama** – *A crisp, sweet root vegetable, jicama is often served raw in salads but may also be cooked.*
- **Lacinto, Black or Dino Kale** – *this type of kale is very dark green, with remarkably firm, deeply ridged leaves. This kale takes a bit longer to cook than other greens; the upside of which is that the leaves hold their shape*



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even under long cooking times, making it a great addition to soups and stews. Lacinato kale is also delicious simply cooked with garlic.

- **Curly Kale** – curly kale has broad, curly leaves that are a deep green color. This type of kale is usually cooked a long time or blanched in salted boiling water before being used to tenderize it, reduce its bitterness, and set its beautiful color. The hearty nature of kale helps it stand up to long cooking times.



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