

A SAMPLE DAY

ON THE CLEAN EATING PROGRAM



WAKE UP:

- Cup of Detox Herbal Tea
- Fizz Stick (if you need caffeine first thing)

BREAKFAST:

- Protein Shake:
Add 1/2 to 1 scoop of Fibre to shake
- Add Digestion Plus (if desired)
- Omega 3 Tablet

WEEK 3 ONLY (DAYS 15-21)

Add 1 packet of 7-Day Cleanse to 32oz of water. Sip throughout the day.
Add lemon or 1 Fizz Stick if desired.

SNACK: (optional)

- Fizz Stick (if you need something else, have a Fit Chew, small handful of nuts, seeds or a tsp. of almond butter.

LUNCH: (at least 4 hours after breakfast)

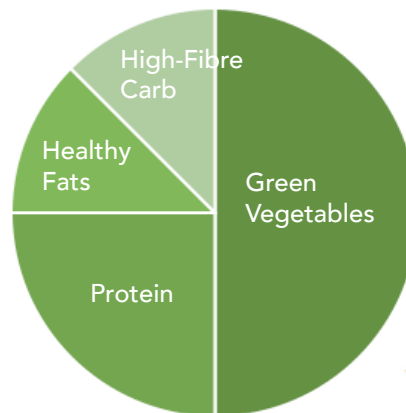
- Protein Shake OR a fist size of lean protein, non-starchy veggies, brown rice or another high fibre carb, and a small amount of healthy fat.

SNACK: (optional)

- Fizz Stick (if you need something else, have a Fit Chew, small handful of nuts, seeds or a tsp. of almond butter.

DINNER:

- A fist size of lean protein, non-starchy veggies, brown rice or other high fibre carb, and a small amount of healthy fat.



OVERNIGHT:

- Cup of Detox Herbal Tea after dinner
- Try not to eat from 7pm-7am (or at least a 12 hour winder overnight)



IMPORTANT NOTE IF YOU ARE EXERCISING

Recovery Shake:

If you workout intensely for an hour or more, make sure you have a recovery shake within 30 minutes of completing your workout. Your trainer may advise making the shake with almond or coconut milk, depending on how intense your workout was. Your next meal will be within 4 hours of when you become hungry. The recovery shake is in addition to your healthy mean plan.

CLEAN EATING AVOID LIST

Eliminate:

- Dairy (exceptions: grass-fed butter, and grass-fed ghee)
- Gluten
- Soy
- Peanuts & Peanut Butter
- Sugar, Honey, Maple Syrup
- Artificial Sweeteners
- Coffee
- Alcohol
- All Fruit EXCEPT Limes, Lemons, Green Apples, Berries and Pomegranate
- Pork
- Farm-Raised Fish
- Non Cage-Free Eggs
- Non Free-Range Chicken
- All Beef, other than grass-fed
- White Potatoes
- Corn
- Nitrates
- MSG
- Vinegar (except raw apple cider vinegar)

Include:

- Almond, Coconut & Flax Milk
- Brown Rice
- Raw Almonds
- Almond Butter
- Coconut Sugar
- Stevia, Xylitol
- Green & Herb Teas
- Non Starchy Vegetables
- Organic Green Apples & Berries
- Cage-Free Eggs
- Wild-Caught Cold Water Fish (limit to 1x per week)
- Free-Range Chicken and Turkey
- Grass-fed Beef (limit to 1x per week)
- Sweet Potatoes, Yams, Turnips
- Legumes
- Avocado
- Extra Virgin Olive Oil, Grapeseed Oil, Coconut Oil (avoid refined), Flaxseed Oil, MCT Oil

