

Simple Clean Eating Challenge

Ask yourself... Is it a vegetable, a fruit, or a lean protein?

If the answer is NO, then don't eat it!

Vegetables	Fruits	Lean Protein
Artichokes	Apple	Boneless, skinless chicken
Asparagus	Apricots	Clams, canned drained
Beets	Banana	Eggs
Broccoli	Blackberries	Fish, cold water, wild caught
Brussels sprouts	Blueberries	(cod, salmon, halibut, tuna)
Cabbage	Cantaloupe	Fish, freshwater (catfish, tilapia, trout)
Carrots	Cherries	Game, buffalo (bison, ostrich, venison)
Cauliflower	Figs	Lean ground chicken or turkey
Celery	Grapefruit	Shellfish (shrimp, crab, lobster)
Collard Greens	Grapes	Tempeh
Cucumbers	Honeydew Melon	Tofu, firm
Eggplant	Kiwifruit	Tuna, canned light in water
Jicama	Lemon	Turkey breast
Kale	Lime	***Vegan Protein Shake, ask me for my current favorite
Lettuce	Mango	
Mushrooms	Nectarine	
Okra	Orange	
Onion	Papaya	
Peppers	Peach	
Radishes	Pear	
Snow Peas	Pineapple	<i>What else is okay?</i>
Spinach	Raspberries	**Spices
Sprouts	Strawberries	**Vinegars
Squash	Tangerine	**Mustard (check label on condiments)
String beans	Watermelon	
Tomatoes		
Zucchini		

*no dairy, no alcohol, no soda, no sugar, no highly processed "foods", no artificial sweeteners!

IMPORTANT NOTE: This is a guide based on meal plans from the 21 Day Fix, the 3 Day Refresh, and personal experience. If you aren't sure if this is right for you, then ask your doctor or refrain from using this guide!

Example Meal Plan:

Breakfast: Protein, Fruit Vegan Protein, Banana
Snack 1: Protein, Veggie Chicken, Broccoli Slaw
Lunch: Protein, Veggie, Fruit Turkey Chili (tomatoes, peppers), Orange
Snack 2: Veggie Cucumber/Tomato Salad
Dinner: Protein, Veggie Chicken, Asparagus
Snack 3: Fruit Mixed berries

1 Cup Protein: <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
1 Cup Veggie: <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
1 Cup Fruit: <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

Your Meal Plan:

Breakfast:
Snack 1:
Lunch:
Snack 2:
Dinner:
Snack 3:

1 Cup Protein: <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
1 Cup Veggie: <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
1 Cup Fruit: <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

Example Meal Plan:

Breakfast: Protein, Veggie Eggs, BellPepper, Onion(omelette/muffin)
Snack 1: Protein, Fruit Turkey, Cherries
Lunch: Protein, Veggie Salmon, Lettuce/Tomato/Cucumber
Snack 2: Veggie, Fruit Carrots, Apple
Dinner: Protein, Veggie Shrimp, Kale Salad/Squash/Zucchini
Snack 3: Fruit Peaches with cinnamon

1 Cup Protein: <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
1 Cup Veggie: <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
1 Cup Fruit: <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

Your Meal Plan:

Breakfast:
Snack 1:
Lunch:
Snack 2:
Dinner:
Snack 3:

1 Cup Protein: <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
1 Cup Veggie: <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
1 Cup Fruit: <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>