

# The Clean

# EATING PLAN

THE SIMPLE GUIDE TO IMPROVING YOUR HEALTH  
AND WELL-BEING WITH EASY AND SATISFYING RECIPES





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# Introduction – Diet 101 You Are What You Eat!

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You've probably heard the saying: 'you are what you eat'?

Therefore this may come as a meaningless statement. Sure, It sounds good.... But what does it mean?

While the saying might be clichéd, the fact is that it's far more accurate than most people realize. You literally are what you eat; to where every last molecule in your body will have come from something you consumed.

This is perhaps most apparent when you look at protein. When you consume protein, your body breaks it down into the constituent amino acids. These amino acids are then recombined in order to form our muscles, and other tissues (skin, hair, nails etc) and even our brains!

Meanwhile, we use various other nutrients from our foods to trigger reactions between the different systems in our body. Vitamins and minerals perform a range of tasks, further aiding in the construction of various body parts, hormones, neurotransmitters, bones and more.

Your body simply recycles what you put into it and uses it to keep on building you. The technical term is remodeling. Your body is constantly remodeling it's tissues and parts and the nutrients you take into your body help it do that properly.

At the same time, it is also our food that gives us the energy we need to function. Carbohydrates and fats fuel the process of constantly healing, growing, protecting and changing our bodies.

Our bodies adapt to the amount of energy and the amount of sustenance its given. If we don't get enough of what we need, then gradually our bodies change function. If we eat too many calories, we store them as fats. If we consume too much sugar, we become less sensitive to insulin...

Understand that our bodies are constantly changing. The only question then is whether you want to be growing and improving, or deteriorating. The biggest deciding factor in determining this outcome? It's your diet!

Like many sayings "you are what you eat" is cliched but has a lot of truth to it. Feel free to use it as your own mantra.

Much less cliched however, is what **Hippocrates**, the father of medicine said

***"Let thy food be thy medicine and thy medicine be thy food."***

This is one of my favorite sayings when it comes to diet.

# Why Change Your Diet?

## So why change your diet?

There are actually countless reasons to invest your time and effort into improving your diet. As we've just learned; our bodies are literally made from what we eat. That means that the more good, clean food we eat, the more healthy youthful and powerful we look and feel! Of course that means more lean muscle but it also means better skin, hair and nails too. And even whiter, brighter eyes.

Moreover though, the more nutritious food you eat – and the less garbage – the better everything will function. The biggest causes of death by far are preventable progressive diseases (like heart disease) and many of these could be counteracted with the right diet. If you eat right, you'll be at less risk for just about every serious health problem and your life expectancy will generally be increased.

The food you eat will contribute to the way you feel on a day-to-day basis. If you eat the right diet then you can expect to have higher energy levels, a better mood and even feel mentally sharper or smarter. You'll have better energy efficiency and this will allow you to concentrate better, see further, think faster and perform better in athletics or any other life activity for that matter.

In short, a good diet improves the quality and quantity of life. It makes you better in every way.

Still not convinced this is worth the time and effort to invest in yourself?

Then consider the impact it can have on your family, not just yourself. If you eat right, then this will help your family to improve their health too as they'll likely eat what you eat and you will be a solid role model..

If you're pregnant or breastfeeding this becomes even more evident and important - because the food you consume will now also be directly consumed by your baby.

## The Good News

Here's more good news. Eating well doesn't have to be hard. In fact, eating well can be incredibly simple when you know how!

Most of my clients are surprised by how easy it is and how much they are able to eat while still losing weight .

The problem is that there are so many different diets out there and there's so much conflicting advice. One minute you're being told that fats are bad for you, the next minute you're told to dump tubs of fat into your coffee. And then the next you're being told to skip breakfast (previously thought of as the most important meal of the day) Some people tell you that the calories you consume are the only thing that matters for weight loss (calories in / calories out); while others say that different calories affect you differently.

When I was taking courses in nutrition in college our professors said that ***the field of nutrition is always changing - you must understand the major principles of nutrition, know how to evaluate information, and be an educated consumer.***

And sure enough, lots of new ideas and new research have been introduced over the years which have altered the way we look at dieting.

However, much of it is simply the same types of diets recycled in a brand new marketing package that makes it look new and different.

While many of the major basic principles have stayed the same.

So, while some of this nutrition information has been very useful, it has also muddied the waters as people interested in getting started with changing their diet (especially for weight loss) often do not know where to begin. Or they start out on the wrong path only to end up worse off than before.

This research is often focused on either new and different ways to burn fat faster, or prevent certain diseases. In some cases, it is looking at minute differences between the nutrients in different food groups or even the timing of eating certain nutrients...

In other words? Nutrition can be pretty advanced stuff. Yet, people approach it like riding a bike (almost anyone can do it)

But in the beginning, you don't need to worry about advanced nutrition concepts. And definitely not until you get to the point where you're already in great shape and you're looking to push your performance to the absolute max.

For the average person or beginner, none of this advanced information is necessary or relevant – it only complicates matters. And by over-analyzing or over-complicating it you'll be more likely to quit or fail than to succeed.

We already know how to take any given person and help them burn more calories and fat, increase lean muscle tone and feel healthier.

And actually, the way you go about eating cleaner couldn't be simpler. The best way to eat clean and improve your health across the board is

something that should come to you intuitively and should seem incredibly obvious once you see the whole picture.

In this book, you'll learn what a healthy diet really should look like and how this impacts your body. You'll also learn how to introduce that diet in a simple way that's easy and enjoyable to stick to and that anyone can use!

And when you do this you will literally be restructuring your entire biology from the ground up. Get ready to change!

## **What You Will Learn**

- *How to lose weight by cutting calories*
- *The role of carbohydrates and fats in your diet*
- *The importance of nutrient density*
- *The key nutrients that will improve your looks, your brain power and your lifespan!*
- *How different diets such as the Paleo Diet and Mediterranean Diet work (and where they go wrong)*
- *How to avoid cravings*
- *How to cook/prepare delicious and healthy:*
  - *Breakfasts*
  - *Lunches*
  - *Dinners*
- *How to save time in the kitchen and fit cooking into your lifestyle*
- *How to improve energy levels and have more time and enthusiasm for your food*
- *How to dine out without ruining your diet*
- **And MUCH more!**

# Chapter 1: Understanding Diet and Your Health

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## UNDERSTANDING DIET AND YOUR HEALTH

As we've already touched on in the introduction, there is a huge amount of conflicting and contradictory information available when it comes to losing weight and improving your health. Sometimes it feels like everyone has some agenda to push (and they do - to sell books / their program) and it's impossible to know where to start or even how to find objective advice.

The key to change is to understand just a few things that really matter most and to find the easiest ways to to implement them. So what do you actually need to know when you want to cut out the crappy information?

## Calories and Energy

One of the first things you need to know is how the body uses calories for energy.

Basically, the body “burns” food in order to convert it into useable energy. This is basic laws of physics and chemistry relating to heat and energy transfer.

Your body breaks down glucose for energy and creates ATP – Adenosine Triphosphate – which is in turn utilized by the mitochondria - the energy centers in the cells.

Glucose is essentially a form of sugar (with fructose and lactose being other examples). These sugars are found primarily in carbohydrates. Carbohydrates are often considered the foods that taste sweet (sweets like, chocolates and soda), but they can also include pasta and bread among other things. The amount of energy available in each type of food is measured as calories.

Calories are found in fats, and protein in addition to carbs.. In fact, fat contains slightly more calories than carbs and protein – with 9 Kcal calories per gram versus 4 Kcal calories per gram in carbs and protein.

And this is where ‘counting calories’ comes into play and it’s why it’s useful to track the amount of calories you burn every day to learn how best to lose weight. To put it simply, the body stores excess calories as fat in the storage form of energy. And vice versa, the body will burn (or release) that stored fat when there is a slight calorie deficit.

The other major factor depends on how much energy you are using throughout the day. If you are someone who burns 2,700 calories a day and you only consume 2,500, then your body will be forced to burn some fat stores in order to provide the extra 200 calories of energy.

On the flip side of that, if you burn 2,700 calories a day but you eat 3,000 calories a day, then you'll likely store 300 calories as fat. Or, you can gain about 1 pound of muscle every week or two if you combine the excess calorie intake with resistance training.

## **How to Lose Weight With Calorie Tracking**

With that in mind then, you need to know how many calories you burn in a day so you can aim to consume less than that to lose weight.

To calculate this number, you need to look at your BMR and your AMR.

A BMR is a 'basal metabolic rate'. This is the rate at which you burn calories in a day even if you're not doing anything else. Even if you aren't moving, your body is still using calories and energy in order to allow you to breathe, pump blood, digest and fight illness.

Conversely, the AMR is the 'active metabolic rate', which is the number of calories that you burn per day when you are engaging in your usual exercise and activities. For most people, this latter number is going to be much more useful.

To calculate your BMR, you can use the following information....

Women:

$$\text{BMR} = 655 + (4.35 \times \text{weight in pounds}) + (4.7 \times \text{height in inches}) - (4.7 \times \text{age in years})$$

Men:

$BMR = 66 + (6.23 \times \text{weight in pounds}) + (12.7 \times \text{height in inches}) - (6.8 \times \text{age in years})$

To turn this into your AMR, you then multiply that amount by:

- 1.2 if you're sedentary (little or no exercise)
- 1.375 if you're lightly active (you exercise 1-3 times a week)
- 1.55 if you're moderately active (you exercise or work about average)
- 1.725 if you're very active (you train hard for 6-7 days a week)
- 1.9 if you're highly active (you're a physical laborer or a professional athlete)

With this number in mind, you can now seek to come in below a specific target every day, in order to ensure steady and consistent fat loss.

You can do this by counting all your calories (which can be a total pain in the ass for most), or you can do it in a much more convenient and easy manner – by calculating the calories of some of your most common meals and working around those. Try to keep your breakfast and lunch fairly consistent and then learn a few low calorie dinners.

Here's another tip - the average calorie burn is around 2,500 for men and 2,000 for women. If you are a fairly average build, then coming in under those targets should help you generally lose weight.

If you don't lose any weight after the first week or two, then you can try cutting another 100. And see what happens the following week, then adjust as necessary from here. Keep in mind you do not want to cut too many calories. As cutting too many calories can be bad for your health and hinder you weight loss results.

## Carbs vs Fats

At this point, you might be wondering why carbs are considered healthy when they are a main source of glucose (sugar) and why fats are considered healthy when they actually contain considerably more calories...

The answer is that it comes down to how the body uses them. And this is one of the sources of complication and argument within the nutrition and weight loss industry. And why so many people get lost in this discrepancy.

You see, the body is actually able to extract energy from carbohydrates much more quickly than any food. This is especially true for the 'simple carbs' like sweets and white bread. However, more complex carbs – including rye bread and sweet potato – act a little more like fats in that they do not spike blood sugar (like simple carbs and sugars do) and provide more sustained energy.

Thus, when you eat a large plate of carbohydrates (like a huge plate of pasta) , it's followed by an immediate spike in your blood sugar levels. This in turn causes the sudden release of high amounts of insulin, which trigger the body to start absorbing the glucose from the blood and potentially storing it as fat.

This also leaves you feeling tired, energy-less and hungry - leading to snacking behavior after or in between meals.

Fats on the other hand release their energy much more slowly into the bloodstream, providing you with a steadier and longer-lasting supply of energy without the crash. Fats additionally sit in the stomach and leave you feeling fuller longer.

They can actually slow the digestion of simple carbohydrates when consumed at the same time and they can enhance the absorption of nutrients. In fact, a lot of nutritional supplements actually instruct you to eat them alongside a source of fat in order to aid absorption.

If you eat lutein for instance to improve your eyesight and your energy efficiency, you may be told to have it with some fat such as a glass of full-fat milk!

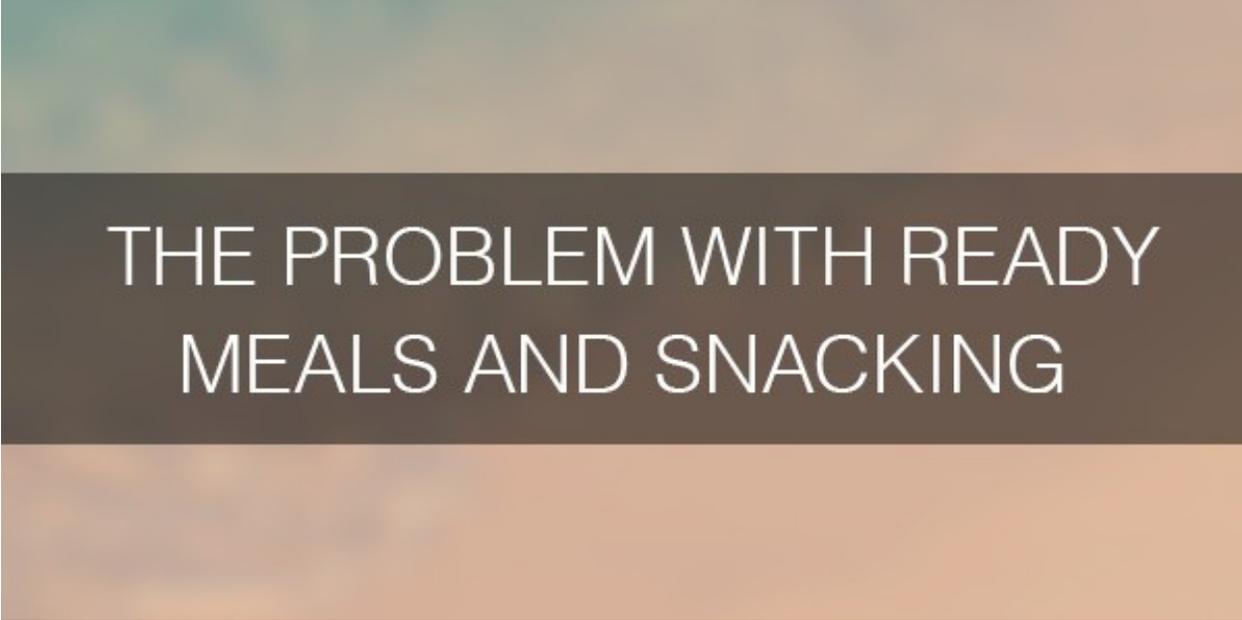
So this is where the dilemma and dietary dichotomy develops even further. 'Diet' foods that reduce the fat content can also reduce their calorie content. A 'diet' tuna sandwich for instance might contain 50-100 calories less than a regular shop bought sandwich and thus you could lose weight by staying under your AMR this way.

But at the same time, removing the fat from diet foods actually means that the sugar spike will be greater because of the higher ratio of sugar to fat. It hits faster and harder, spiking your blood sugar more and you may not absorb the nutrients from the foods as well. This results in you still feeling hungry, possibly leading to snacking. So you'll end up eating more throughout the day anyway. And you may be getting less nutrition to build a strong, healthy body and mind.

And that's before we even consider the health benefits that fat has directly. Fat is actually a key component in the structure of the brain for instance and is what the body uses to create hormones (which regulate your metabolism and aids lean muscle).

## Chapter 2: The Problem With Ready Meals and Snacking

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### THE PROBLEM WITH READY MEALS AND SNACKING

There's another problem with going just the lower calories route too; which is that you realistically could eat a less nutritious diet.

Think about it this way: if you are following a diet that is just lower-calorie for weight loss, then you could lose weight just by eating donuts. Seeing as an average donut contains about 195 calories and the average BMR is 2,000-2,500... that means you could eat 10-15 donuts a day and still lose weight.

You might be thinking - cool! What's the problem with that? I'm sure you know deep down this is incredibly unhealthy. In fact, you may go off your all donut diet pretty quick because you'd probably start to feel like crap after eating the same thing all the time and not getting any of the crucial vitamins, minerals and nutrients that your body needs. And the same goes for ready meals and a lot of "diet" snacks – even so called "healthy" ones.

## The Protein You Need

One component of the diet that we haven't touched on yet is protein. Protein is what we get from meat and it's where we get the 'amino acids' our bodies need. Amino acids are used when repairing skin and bone and for building muscle but they come in a range of different shapes and sizes.

To increase lean muscle tone, the recommendation is that we get around 1 gram of protein for every one pound of bodyweight! This advice is aimed at those who're working out and athletes and wouldn't apply to the average Joe or Jane who is inactive... but it shows what a key role protein plays in our **body composition** (lean muscle to fat ratio).

What's also important to bear in mind is that there is more than one 'type' of amino acid. Actually, there are currently about 20 amino acids, with nine of these only being available through the body. If you don't get all of these amino acids from your diet, then certain important repair jobs around your body will not get carried out.

And this is often an issue with vegetarian or vegan diets - making sure you get all the amino acids in the right amounts.

Seeing as most sources of protein only contain certain combinations of amino acids, it's important to make sure your diet contains a variety of different types of plants, fish, dairy and meats. The egg is one of the best sources of protein as it assimilates the best and closely matches the human body's amino acid profile requirement.

And it gets more complicated than that – as protein sources vary in their 'availability'. Depending on the structure and ratio of amino acids, certain proteins will be easier for the body to use than others.

Animal sources are always superior to plant sources of protein. Why? Because animals are closer to us in structure. When you consume animal protein – like whey, egg, chicken or beef – you are consuming muscle and fat and skin and these are all things the body can use. Even soy protein is less effective and may also lower testosterone and increase estrogen, which is bad for men and women both.

So going back to our donut diet example. if you were to do that, then your body would not get the amino acids it needs and you could lose lean muscle while creating other negative health effects or develop other health issues like diabetes.

## **Micronutrients**

To get the most from the protein in your diet, you really need to think carefully about the sources of food you're consuming, as well as when and with what you're consuming them.

Macronutrients - protein, fat and carbs are just one part of the story...

What you also need to think about are vitamins and minerals. Because vitamins, minerals and other micronutrients can do all kinds of incredible things for your health including helping to prevent various diseases, and utilize those proteins efficiently.

One way to think about vitamins and minerals in your diet is like power-ups in computer games. That is to say, that collecting these through what you eat can increase your energy, strength, speed, stamina, brain power and more...

In fact, many of the individual nutrients in our food are now sold as supplements for a variety of reasons but many for weight-loss, anti-aging, disease prevention and athletic performance. There are many online articles on the benefits of countless individual nutrients and each time you read one, you may feel the urge to, hurry up and order a whole bunch of them...

However, the point of this book is that getting these nutrients from the diet is much easier, cheaper and more effective than taking a lot supplements. When you get fat soluble minerals and vitamins from avocado instead of a tablet for instance, you also get that all- important healthy fat that helps you to absorb them. Meanwhile, getting iron from spinach for example, versus a tablet means you're less likely to suffer with stomach problems.

Moreover, it's nearly impossible to add all of the different vitamins and minerals in your diet manually in supplement form in the right balance. For example, again using our Donut Diet example, It might sound like a good idea to take different supplements every day to try to boost your energy levels and meet your nutrient requirements to make up for the lack of nutrients that donuts provide. But again ask yourself: are you going to do this every single day - for the rest of your life? How long can you really keep that up? More importantly, is it healthy?

On the other hand, if you get all the nutrition you need from your diet, simply by eating a balanced selection of different foods, then you'll find yourself experiencing an incredible range of different health benefits. And the variety itself will also provide further advantages.

A lot of the nutrients you'll get from real food and a balanced diet are things we don't even fully understand yet – that's why it's almost impossible with supplementation even if you tried!

Foods work synergistically meaning they work better together than when on their own. Rice and beans forming a complete protein is one example of this. Sodium, potassium, magnesium is another example. Zinc, selenium and copper is another.

### **Supplements are in addition to not in place of a healthy diet**

Not all supplements are bad. In fact, for many people supplements are very handy and help boost nutrition. energy and a feeling of well-being. It is just that you want to have a good, clean, well-balanced diet, first. Examine your condition. Think about what areas of our health you might like to improve and your current lifestyle before supplementing.

If you're an active individual and you're on an exercise program or weight loss regimen, then certain supplements might help you perform better and get to your goal faster.

Pregnant women and the elderly are two other examples of people where supplementing may be appropriate.

Let's take a look at some examples of crucial nutrients that you do get from your diet and ones that you might want to take in supplement form...

**Choline:** Choline is a crucial nutrient found in eggs. This is the precursor to a chemical used in the brain known as 'acetylcholine'. Acetylcholine is the brain's principle neurotransmitter used for communication between cells. The more acetylcholine you have in your brain, the more focused, alert and awake you are. Supplementing has been shown to boost memory, IQ and more!

**Vitamin D:** Vitamin D should be considered less a vitamin and more a 'master hormone'. Among other things, vitamin D aids in the production of hormones that help increase muscle tone, weight loss, energy levels, libido and more! Vitamin D is mainly produced in the body in response to exposure to sunlight, though it can also be found in eggs, cow's milk and shrimp. A recent study found that vitamin D is needed for the mitochondria in the cells to regenerate after exertion.

People in the northeast, where I'm from, may have a harder time getting adequate levels of vitamin D during winter months as sunlight is one of the best natural sources. Eggs, milk and shrimp are great top food sources of vitamin D

**Omega 3 Fatty Acid:** Omega 3 fatty acids are generally lacking in the American diet. Too much omega 6 in ratio with too little Omega 3 is thought to be a major cause of a wide variety of our "modern western diseases." In addition to the benefits of the healthy fats, certain fish oils, like Krill oil contain an antioxidant called astaxanthin that can help to protect cells from damage from free radicals. It's what gives krill oil its red color and salmon it's pink color. This means it helps to fight the effects of aging, while reducing the likelihood of developing heart disease or cancer.

Omega 3 fatty acids can improve the communication between nerve cells by improving 'the integrity of the myelin sheath, a protective fatty layer around nerve synapses'. Omega 3 is great for healthy skin and joints, and arguably necessary for optimal brain function.

**Protein Powder Whey, and Casein:** Casein is a great type of protein found in milk (as is whey). Whey is very popular and most people know about whey protein. Unlike whey, which release very quickly and can spike blood sugar) casein releases slowly which makes it ideal to consume before bed. This way, you will be given a steady and constant supply of protein as you are in your most 'anabolic' state (during sleep). Cottage cheese and ricotta contain casein but it's also available in supplement form. Some protein powders like this one have a blend of casein and different types of whey proteins for optimal absorption and very low carbs despite being a sweet treat like a milkshake.

For example, [this protein - Low Carb](#) provides you 25% un-denatured whey isolate... 25% ultra-filtered micellar casein... 25% milk concentrate... and 25% whey concentrate.

These are the ideal proteins, provided in a balanced ratio, for the "What's for breakfast?" and "What sweet dessert to eat before bed?" dilemmas. Protein blends like these help support sustained energy, craving control, and appetite management.

**Collagen Protein:** Collagen protein is another form of protein powder. Collagen is the most abundant protein in your body and is essentially the “glue” that holds you together. It makes your skin healthy and supple and gives it that youthful look. It's also good for your hair, nails, joints, gums and teeth too. It also supports digestive health, and your immune system - as 70% of your immune system resides in your gut health. As your intestinal walls literally form a wall of defense within your body. Your body doesn't produce collagen like it used to as you get older and collagen protein is a clean easy way to get it.

Here's an example of a clean eating collagen protein Collagen is also very low calorie, and carb free. You can find more info on the health benefits of collagen and [what makes a good quality collagen protein supplement](#).here.

**Tryptophan:** Found in numerous proteins and other foods, tryptophan is a natural precursor to serotonin – what we know as the ‘happiness hormone’. This can fight depression, boost your mood and even help you to sleep better at night (as it is converted to melatonin). Tryptophan is found in many supplements designed to improve your sleep. Massive amounts of Turkey on Thanksgiving are also known to induce sleep because of the Tryptophan content.

**Resveratrol:** Resveratrol is a powerful antioxidant we can get from the diet and is often thought of as being one of the most important aspects of the ‘Mediterranean Diet’. The Mediterranean Diet is a diet that consists of foods similar to hot European countries and the logic behind this is that these cultures statistically enjoy longer lifespans and lower incidences of heart disease (this was especially surprising back when people in the US thought that fats caused heart problems since the Mediterranean diet was higher in fat!).

**Green Drinks:** are LOADED with polyphenols and antioxidants and can give you the nutrients of 40+ veggies and fruits in one serving, like this one (as a good example). We'll talk more about smoothies, protein shakes and juicing later when we get to recipe and meal ideas. Higher quality [“green drinks” like these](#) are pretty clean and make it easy to get a ton of nutrients in one simple drink without the prep time or mess, but we'll get more into that later

**Glutathione:** Glutathione (GSH) is often described as the body's 'master antioxidant'. This molecule helps to detoxify the cells and combat free radicals and can unlock the full potential of all the other antioxidants in your system. In fact, without adequate levels of glutathione, your body cannot make full use of any other antioxidants from your diet. Vitamin C, resveratrol and more all become much more potent when combined with a supply of GSH

**Vitamin C:** Vitamin C is a powerful antioxidant that is well known for helping to fend off all manner of diseases too by strengthening the immune system. It also happens to help with the production of collagen for your skin and serotonin thereby boosting the mood as well. Cherries are very high in vitamin C, as well as citrus fruits like lemon, grapefruit and oranges. If you're going to take vitamin C as a supplement then opt for magnesium ascorbate. Vitamin C is very acidic. Magnesium ascorbate is a buffered easy to absorb form of Vitamin C.

**CoQ10:** CoQ10 is another substance that can improve cellular energy by improving mitochondrial efficiency. These have been shown to improve not only athletic performance but cardiovascular, and brain health.

This stuff - [Ageless body](#) contains all three of these - glutathione, vitamin C (as magnesium ascorbate described above) and CoQ10. In addition, it has Turmeric and Ashwagandha.

**Ashwagandha** an adaptogenic herb that helps suppress cortisol (stress-Hormone) production and balance out hormones naturally. You would not get Ashwagandha from your diet at all without taking a supplement.

**Probiotics:** Are beneficial bacteria that tend to be lacking in our modern day diet and one that is higher in sugary processed foods will feed the bad bacteria, making things worse for your digestive system and nutrient absorption. Good nutrition is also about how well your body absorbs the nutrients from the foods you eat and probiotics aid that process. You can find active cultures (probiotics) in food and drinks like - Greek yogurt, kefir, kombucha tea, raw sauerkraut, raw pickles (not the processed stuff on the shelves, the stuff in the refrigerator that **says raw fermented** on it), and real miso.

Some people don't like the taste of many fermented foods and it's best to get a wide variety. Many people may also have a hard time consuming enough fermented food to get the full benefit of the probiotics. For these reasons many nutrition experts recommend adding in a probiotic supplement. There are is a huge array of health benefits that come from probiotics and having the right balance of good to bad bacteria in your system - including making sure your immune system is functioning at its best. This is another reason nutrition experts may recommend a supplement instead. You can [learn more about probiotics and get a FREE bottle here](#) if you want to give them a try. This one above is very high quality.

## **Ensuring the supplements you do take work right**

I could go on and on... about nutrients and supplements. I included links to some of the ones I feel are important and many other experts recommend as well. And they are in the forms of what's proven to work best. One of the major drawbacks of supplementing is not knowing which ones are actually going to work and which ones are a total waste of money. Very often the bargain brands will not deliver any results or benefits. The supplement industry goes largely unregulated. Some supplements are so common however that they will not be as expensive as compared to other brands or forms, like vitamin D.

The point is that one of the main objectives of a healthy diet should always be to supply yourself with a plentiful amount of nutrients so you get all the different crucial nutrients you need to function at your best. If you do, then you will feel better, live longer and find it much easier to stick to a healthy diet that helps you manage your weight.

## **Empty Calories Are the Enemy!**

When you look at your diet this way, it should start to become very apparent that our Western / modern way of eating has a lot of problems.

The first issue is that we're too focussed on short-term. We know we're hungry because our serotonin levels are depleted and so we are highly motivated to increase that serotonin and our energy levels as quickly as possible. And the best way to do this? Eat a quick release, simple carbohydrate food. Serotonin is often described as the 'feel good hormone' and is associated with feelings of well-being and happiness. Generally, we think of serotonin as being responsible for our pleasant moods and think of it as a neurotransmitter that has a role in a number of psychological conditions. Low serotonin for instance is correlated with depression.

What you may not have known, is that serotonin is also crucial for our regulation of hunger and plays a key role in our satiety.

Like ghrelin, serotonin is a hormone that tells the brain that we're full and that we don't need to eat any more. This occurs partly through our consumption of carbohydrates, most of which (barring fruit) will contain some amount of tryptophan. Tryptophan is an amino acid and is also found in protein but there's only a small amount of it in most foods compared with other amino acids, which prevents it from having any major effect.

When you eat lots of carbohydrates then, you actually flood the blood stream with tryptophan and this then remains in the blood once the insulin kicks in and you start absorbing the nutrients

This leads to a surplus of tryptophan which reaches the brain and guess what happens? It turns into serotonin! This happens because tryptophan is actually a precursor to serotonin and one of the key building blocks used to create it.

All this explains why you tend to feel in a very good mood when you've just eaten and why your mood can plummet when you start to get low in blood sugar. This is where 'hangry' comes from!

The good news is that this is actually just one of several mechanisms that the body uses to tell how full it is. Leptin for instance is another hormone that is produced in the gut and which tells the brain to stop eating too.

But it is also true that you'll be missing out on at least one signal of fullness if you go overly low carb, so keep this in mind. And more to the point: if you are eating a diet that consists mainly of modern 'snacks' then you'll be flooding the body with sugar and then seeing it fade very quickly afterward. That means you'll want to snack again. It also means that the body won't use up the energy as quickly as it receives it, which leads to it being stored as fat.

It's always better to have a diet that includes complex carbs rather than a diet that completely eradicates a whole food group from the diet. What are good sources of complex carbs? Things like real sourdough bread, sweet potatoes and vegetables instead of things like chips, commercially prepared white bread and pasta.

The bigger problem with eating things that give us a quick 'kick' is that they often don't contain any of the crucial nutrients that we described above. And this is where the idea of 'empty calories' comes in.

The donuts we described earlier are yet again a good example. As mentioned, you could lose weight by eating only donuts but if you were to do that, you would be getting very little nutrition in relation to what your body needs.

That means not enough protein to build muscles, not enough vitamins and minerals to help you think or feel better. That doesn't only apply to donuts either – it also applies to ready meals, fast food and anything else 'that is highly processed'. Donuts or the Donut Diet I just made up are a good more obvious example and a good analogy because a lot of people eat too many "sugary" carbs - whether it's a donut or a slice of white bread, or a bowl of sugar coated grain cereal. The nutrition and blood sugar effect is similar.

When you buy a ready-made lasagne or whatever from the store, you actually get very low quality ingredients blended together with other ingredients you can't even pronounce - and it probably has tons of added sugar or lots of sodium too.

Despite getting a lot of protein and carbs, your body won't be getting many other nutrients. The calories are added or increased but the nutritional benefits are drastically reduced from processing.

This means you will not be as efficient at burning fat and producing more useable energy. Your mitochondria may perform more poorly and your metabolism could be slowed or impaired.

(By the way, if you think that hormones don't have a big impact on weight loss then just ask someone who suffers with hypothyroidism)

And there are more problems with eating like this too! When you don't get the nutrients you need, your body actually makes you crave more food. The body knows what it needs and it sends signals that encourage you to want to eat those foods.

Say your body wants something sweet, refreshing and juicy that will give you some quick energy like an orange,. But instead you choose to drink Coca-Cola which provides you with an energy surge, satisfies your craving for something sweet and gives you some energy but it has way more calories, and sugar and no real nutritional value. It may leave you craving something sweet again in a shorter period of time. As opposed to the orange which has some fiber and other nutritional value like vitamin C and other nutrients that will help you feel fuller and more energized longer.. And cola, unfortunately doesn't help protect your immune system like oranges do either.

## Chapter 3: Putting it all Together for Simple, Clean Eating

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### PUTTING IT ALL TOGETHER

I've thrown a lot of information at you so far but don't worry – things are going to get a lot simpler as we start looking at how to actually implement all of this information in a healthy and easy-to-maintain diet.

So first, what do you need to take away from all this information? You may still be baffled as to whether you should be focussed on lowering calories or avoiding simple carbs!

The short answer? Both! And while you're at it, you'll also need to make sure that you're getting a lot of nutrients from your diet and plenty of protein. Does that sounds hard? It really isn't. Just follow these steps:

## **Step #1 – Calorie Deficit**

As mentioned, you can actually be pretty sure that you're staying under your calories simply by eating less than 2,000 or 2,500 calories for women and men respectively. Another option is to work out your BMR and AMR using the instructions in chapter 1, or to wear a fitness tracker for a while like a Fitbit or use your Apple watch although Fitbit is probably the best fitness tracker out there right now. It calculates your calories output and you can log and track your calories intake as well.

Either way, you'll need a number that you need to stay below and your first mission is to do that. This doesn't mean you have to count calories – you probably eat a lot of the same types of things already anyway so once you figure out the calories for that meal you don't have to count it again. Your other option is to simply incorporate a few new consistent meals for your breakfast and lunch you'll know the calories just from the recipe itself. And a lot of restaurants and take out places have nutrition information though you may have to ask for it.

As long as you don't snack in-between and you eat a relatively healthy dinner, then you can safely assume you'll normally be below your target. Most full meals shouldn't exceed 800 calories.

You can't exactly count your calories anyway (they can vary) but if you just stay below target, you should be safe. Because you can always adjust as you go.

Having healthy consistent breakfasts and lunch is a very good strategy seeing as we often tend to eat 'socially' in the evenings and we often expect larger, more elaborate and interesting meals.

## **Step #2 – Cut Out Junk Food**

The next thing you need to do is to cut all the junk. We've seen how these are simply empty calories that make us hungrier – so just stop eating it! You might think junk food tastes so great you don't know how you can live without it, but it's not that it tastes great. There are a lot of other things people can eat besides junk food that taste even better and on top of that. They won't make you feel like crap. it's just that you're used to it and it's become a habit or an addiction if you will.

The way 'paleo' dieters get around this is by avoiding anything that wouldn't have been available during our early evolution. There's no reason to go that far because things like milk and bread are absolutely fine in moderation. But not the typical commercially prepared white or wheat bread on grocery store shelves. Even though some of them might look healthy. Fresh baked sourdough is one of the healthiest breads you can eat - if you can find it at a bakery. Sprouted grain bread, like Ezekiel bread is another healthy bread option that is available in some stores.

And if something is man-made, but made well with minimal processing then it is also fine. Simply by avoiding processed sweets, junk food, ready-meals and fast food you can generally get rid of nearly all the empty calories and most of the processed food from your diet.

When it comes to carbs, we are taking a ‘slow carb’ not a ‘no carb’ approach in this guidebook. Don’t completely avoid carbohydrates (they provide a ton of benefits – and we need that energy!) but just make sure that you limit your intake of ‘simple’ carbs like commercially prepared white bread, white pasta or candy bars. Again, you can do this by sticking largely to a diet of naturally sourced carbohydrates, like sweet potatoes, buckwheat pasta (soba noodles) vegetables etc . And just so you know, there are healthier chocolate bars, and there are healthier sweets made with high quality ingredients that won’t spike your blood sugar. Using ingredients like almond flour instead of a refined grain flour. And even you too can make your own healthy desserts pretty easily, if you wanted to. The internet is loaded with bloggers making all sorts of clean eating desserts with super healthy ingredients.

I like to refer to this as an ‘nutritarian diet’. Don’t avoid anything man-made or anything that post-dates our evolution in the wild. Rather, avoid things that couldn’t be made with more than kist a few ingredients. If ingredients on the label are not easily recognizable or pronounced that is an indication it is “too man made.” Another easy way to think of this is imagining the types of foods they have at a farmers market. If you’ve never been to a farmers market, I highly suggest you find one nearby or search out a few different ones to sample some clean eating health foods and get ideas. Very often vendors at farmers markets are more than willing to talk about their products and even offer you a sample. A good farmers market will have much more than just some fruits and veggies. They will have pasture raised meat, eggs, olives, fresh juices, green drinks, fresh baked breads, raw milk cheeses, and more

And this makes sense from an evolutionary perspective too if you want to be a harsh critic of dairy – it’s thought that the ability Westerners have to digest milk (thanks to the enzyme lactase) is a recent evolutionary development!

## Step #3 – Seek Out Nutrient Dense Foods

After cleaning up your diet from most of the junk, the next step is to try to eat in a way that makes you feel your best nearly all the time. The best way to do this is to seek out and choose foods that offer the largest sources of powerful and beneficial nutrients per calorie

A great example of this is something like organ meat, such as chicken livers, which are packed with incredible nutrients. Not only do you get all the amino acids that come from the meat but you also get high amounts of creatine, CoQ10, and fatty acids. This makes sense when you think about it. These are the most crucial and complex parts of those animals and they're also made of similar things as your own body!

Likewise, consuming fruits, vegetables, herbs, and sea plants will help to fuel your body with all kinds of vital nutrients like vitamins, trace minerals and other phytochemical substances that act as antioxidants. When you mix all this together complex carbs (fiber) added to oil, pasture butter or another source of fat slows and aids the absorption providing you with higher levels of energy that are more sustained.

This is another reason that the Mediterranean Diet looks good on paper – because it involves lots of salads, lots of super foods, lots of fish and all topped off with plenty of olive oil for easy absorption. Likewise, Paleo dieters that eat lots of bacon, organ meats, coconut oil etc. also benefit from this.

By making the effort to do this, you'll be making better use of the foods you eat, be fueled with lots of energy all the time and be better protected from disease. At the same time, you'll actually enjoy your meals more and you won't get hunger pangs or cravings in between as often!

## The KISS Method - Keeping it Super Simple

- 1, Eat fewer calories by tracking them and not counting them Get rid of empty carbs and processed foods
2. Hunt out lean meats, fish, fresh fruits and vegetables and other “proper” food
3. Find some healthy recipes.
4. Substitute healthier versions of foods you already eat Take some of the ideas for foods and supplements I’ve provided and incorporate those to help clean up your diet, such as the buckwheat pasta or miracle noodles.
5. Prepare and eat the meals you planned

*Rinse. Repeat. Refine.*

It really is that simple! And we can take the best parts of every diet (low carb, slow carb (low-glycemic), Keto, Paleo, Mediterranean) and we ignore the nonsense.

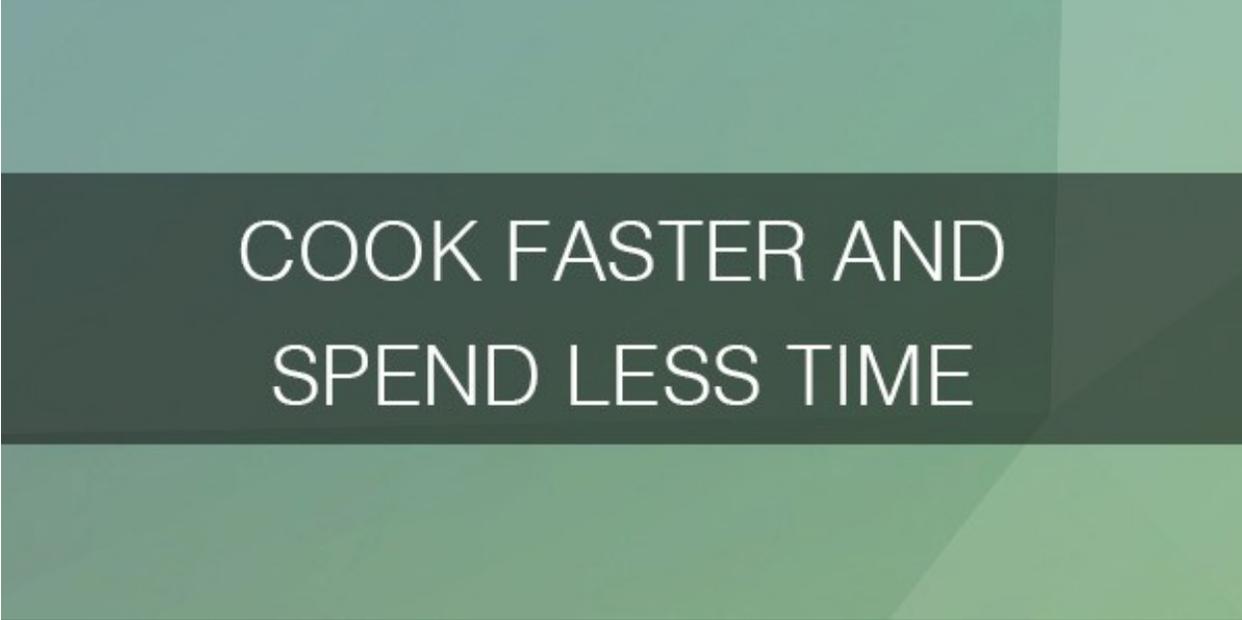
In fact, while many diets will disagree and completely contradict one another. One thing almost all of them agree on in is cutting out processed food and eating all natural food.

And really it just amounts to eating a good mix of healthy, natural foods in a balanced way where you can enjoy them.

And in the next half of this book, we’re going to look at how you incorporate what we’ve been talking about so far much more simply and easily than you might think...

## Chapter 4: How to Cook Faster and Spend Less Time in the Kitchen

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COOK FASTER AND  
SPEND LESS TIME

I can give a ton of reasons as to why eating healthy is simple, and how a clean healthy diet works wonders. But if the best diet is essentially the one we all know (fruits, and veggies, protein, good carbs, healthy fats) , why are so many people attracted to crazy things like intermittent fasting, keto or vegan diets that involve completely ignoring entire food groups?

The simple answer is that people want a 'quick fix'. No one likes the idea that they have to work hard at a diet permanently, or that the results won't come right away, or they have a fear of failure because they've tried before and failed.

And no doubt many of you reading this will now be thinking and worried that I'm basically going to tell you that you need to cook a lot more, and spend more time in the kitchen, and spend more money on "health food!"

There are some pretty insane parts of our human psyche and the human condition. Meaning, you may rather I told you ‘never to eat bread or pasta or dessert again, or, that you should totally cut out all animal based foods than have me tell you that all you need to do is prepare some real meals.’

And herein lies a big problem. Because the most important part of any diet by far is adherence. There’s no point in me writing up the “perfect diet” for someone because they usually can’t stick to it! If you aren’t going to cook regular meals, or don’t even like certain recommended foods then there’s no point telling you to eat specific meals or a specific diet. This is a major reason why diets don’t work.

What’s most effective by far is the nutrition log. It is also quite simple and often overlooked and dismissed because of it’s simplicity and the little bit of time and effort involved. But with the log, it’s much easier to help the client “clean up” their current diet because it closely resembles what they are already doing. In this way, the transition to a healthy diet can happen quickly, easily, and the changes more long lasting

That’s why this second half of this ebook is so important. I’m going to tell you how to make a number of different kinds of healthy meals while spending less time in the kitchen! Not that these are comprehensive instructions or that you have to follow it exactly, but this will give you some ideas to get started. And i’ve included some alterations / substitutions to some classic popular meals that almost everyone living in the United States and beyond likes. .

# Top Tricks to Spend Less Time Cooking

## Make too Much - Batching

The first tip is simple: cook massive amounts of almost everything! This might sound a little extreme but actually it's one of the very best ways to spend less time cooking.

That's because you can take your massive pot of food and eat several meals from it on multiple occasions. Cook a large chili or stew for instance and you can then freeze or cool the remainder and eat it throughout the week.

This way you only cook once but you can eat for almost the entire week! And reheating something you made during a free night or weekend will actually be just as easy and healthier than ordering out.

## Get the Right Tools

It can be annoying when a '10 minute recipe' takes you half an hour. You may have noticed that line that said 'add your chopped onion and garlic'. Sure, that recipe might take 10 minutes to cook but not if you're not as quick with the preparation –and getting good with prep takes time.

For example, some people have better knife skills than others. Chopping onion, celery, peppers etc can take one person a few minutes and another person ten or more. Another person may have a good workflow and ordering of tasks in the kitchen. Another person may have pans or a stove that heats quicker.

Luckily we live in an age where there are kitchen tools galore. They can help you to hugely reduce all that prep time. Look for food processors and other gadgets that will help you to chop, peel, dice and mash and you can save hours! A blender or machine for smoothies is a great investment. One of my favorite tools for saving time cutting vegetables and fruits is a Mandolin.

## **Implement Systems that become Habits**

Along with your kitchen tools, you also need to think about the systems you use for cooking. In other words, how do these machines fit into your workflow and how will they save you time? Are there any other machines or small appliances that could help further? Are there any you have that you can get rid of.

You don't want to have too many appliances. Too many machines will leave your kitchen cluttered with junk you don't need that will only get in your way and waste time. You want to organize and arrange your kitchen to ensure you don't waste time searching around for things you need when you need them?

For example, keeping all the appliances and tools you use most often on the counter but off to the side or in the nearest cupboard at the front, is something you can do immediately that will save you time.. So will a food processor, or mandolin, and a stick blender.

Cleaning as you go might sound like mundane advice but it works. Cleaning as you go is a tried and true time saving technique in the kitchen. Make sure to rinse or soak pans right away after removing the food.

Everyone works differently and everyone gets slowed down by different aspects of the cooking process. So take a look at your own routines and try to identify the parts that are slowing you down. Now decide how you'll fix these time drains with new systems and appliances.

For example, if your knife skills are not that great and it takes you a lot of time to cut veggies and things then you can learn better knife skills, you can spend a little more at the store and buy precut veggies and fruits, or you can get a kitchen device like the mandolin,

## **Think Outside the Box**

We are greatly self-limiting by our own routines, culture and expectations when it comes to what we eat.

For example, when you're struggling to come up with a healthy dinner you can make very easily and that will provide lots of nutrition, and still taste good, you might rule out the option of having a sandwich.

But if you make a healthy sandwich, this can be a fantastic quick option. So do not think' sandwiches are unhealthy or that they're just for lunch not dinner, Same goes for eggs, or omelets too. They can make a great quick healthy nutrient packed dinner Think instead about what's practical, tasty and healthy. Think outside the box a little and try a lot of things you're not used to!

## **Keep the Right Ingredients on Hand**

Sometimes you'll be limited because you don't have the healthiest ingredients around. And going through day to day life can sometimes be a massive drain on your time and energy.

So to avoid yourself cheating on those days where you can't squeeze in the trip to the local farmers market or Whole Foods, make sure you have lots of items stored for rainy days. Not all canned and dried food is bad and it keeps for a very long time; Beans for example, are always a good fall back! Likewise, you should make sure to keep some canned tomato products in the cupboards, along with quinoa or brown rice, dried (or canned) beans, cans of sardines or tuna, buckwheat pasta, olive oil, apple cider vinegar, dried fruits (raisins, apricots, dates, or figs) dried herbs and spices. milk, and eggs in the fridge some frozen vegetables in the freezer. as well as some individually packed frozen meat or fish etc. This is like a 'capsule cupboard' and these foods can be combined in a surprising number of healthy ways.

## **Learn Some Simple, Healthy Meals**

Another tip is to learn some simple, quick recipes that you can fall back on regularly as staples - and that will help you get the maximum benefit with minimum time investment.

That is going to follow in the next few chapters...

## **Time and Energy Management**

Note that food prep and cooking comes down to time and energy management. In order to make big healthy meals in the evening that you can batch and have for the rest of the week, you need to make sure that you have the time available.

Having the time is one thing. You need to have the energy and motivation available as well. Even with all the time in the world, if you feel completely exhausted then you're just going to want to rest in the evening – and might find yourself tempted to eat snack foods (like a bag of chips and a sugary drink like soda), or order fast food for take out (like pizza and not the healthier kind).

One BIG tip then when trying to change your diet is not to be too ambitious at first and not to be too hard on yourself. Take the 'kaizen' approach of making small, manageable changes and improvements to all aspects of your routine that will consistently help you to improve your base of strength, energy and wellbeing.

With that said you need to take a long look at your lifestyle and your routine. It may well be that there are a lot of things making you feel very tired, or stressed and that these are making it harder for you to fix what you eat!

For example, if you have a long 1-hour commute home from work this is something you should strongly consider changing. And if you have too many social commitments, try to learn to say 'no' a little more

To some extent, a successful lifestyle change is always going to mean deciding what you want to prioritize. Hopefully you agree that prioritizing your health is a good long term investment strategy!

## Chapter 5: Simple Breakfast Options to Start the Day Right

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# SIMPLE BREAKFAST OPTIONS

So with all that said, it's time to start learning some easy recipes and meals we can quickly put together or batch for maximum nutrient density and minimum carb (sugar) influx!

Let's start at the beginning - with breakfast! Here are a few breakfast ideas that will help you start your day with about 200-300 calories and will also fortify your body with nutrients!

## **Grapefruit**

Let's start with something simple. Having a grapefruit for breakfast is a great popular option especially if you're not inclined to make breakfast and trying to lose weight. Grapefruits have very low calories and actually have the added benefit of increasing metabolism to help you burn more calories!

Despite having low calories, they still provide tons of nutrition in the form of potassium, vitamin C and other phytonutrients. They're very good for your blood pressure too. They will give you sustained energy and help you feel full.

Cutting a grapefruit in half takes approximately 10 seconds and you can scoop it out and eat it in no time, with almost no clean up.

## **Fruit with nut butter**

Here's another quick, easy healthy breakfast.. Fruit with nuts or nut butter. Just take a spoon full of almond butter (or all natural nut butter of your choice) and then eat a piece of fruit, Such as a pear, apple or banana with it. if you want to take it a step further, slice up your fruit and dip it into your but butter. If you're in a hurry you can just eat the spoonful of almond butter and then eat your piece of fruit on your way.

## **Andrew's Nootropic Parfait**

I call this my 'nootropic parfait' because it contains several ingredients that can give your brain and energy a boost in the morning. Still very simple, just two or three easy steps involved.

Take s small container of Greek yogurt. Top with about 1 level tablespoon each flax (or chia seeds), and hemp seeds (don t worry they're don't / can't get you high) then add some fresh fruit such as sliced apricot, blueberries, or raspberries,

This will fill you up, rehydrate you and provide a steady release of energy throughout the day. It also happens to be very delicious. The texture and flavor blend that comes from the yogurt, fruit and crunchy seeds can be addictive.

## Oatmeal

Having oats for breakfast is a classic healthy breakfast. It's one of the best and easiest ways to fill yourself with good complex carbs for a steady release of energy throughout the day! For added benefits use steel cut

oats and soak them overnight to make the nutrients more bioavailable and the grains easier to digest. It also lessens the cooking time in the morning. You can soak the oats in the pot. Then turn the heat on in the morning and let the oats cook while you get ready for your day.

## Ham, Egg and Cheese on a Croissant

I wanted to include this as an example to show that even certain specific breads in moderation can be considered clean eating. Buy or bake yourself a fresh croissant, slice it in half and then add in some uncured ham, an egg and some raw milk cheddar cheese (or cheese from pasture raised cows) for a little added flavor. The combination of sweet and savory is incredibly satisfying and the added protein will help keep you feeling full.

Is this a super healthy meal per se? Not entirely – the croissant for instance is made with butter (which is ok but high in calories) and it's got a good amount of carbs too.

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**Side note:** *There is a huge difference between buying prepackaged croissants (or any other bread or baked good) from a commercial bakery and a small private old world style bakery like there are a number of here in the New York City area.*

*There is a French bakery on the next corner from my apartment called “Choc O’ Pain” they make fresh loaves of sourdough bread in old world style (in addition to croissants and many other classic french baked goods and pastries). They slow ferment the dough for their loaves with a signature sourdough starter. This makes the nutrients in the bread more bio-available and allows it to burn slower. They use the same sourdough starter to make focaccia rolls, and ciabatta rolls too. And I have to say for being the healthiest bread option available they taste absolutely amazing. So much better than what you’d get from a bag of bread in the grocery store.*

*I’m not going to go in depth on explaining why sourdough bread is healthier in this book. All you need to know for now is that it’s known as one of the healthiest breads, if not the healthiest. And it is the staple bread in my own diet. While I don’t eat them often - Choc O’ Pain’s*

*croissants are about as healthy and clean as you can get too. This is what you’re going for in terms of foods like breads and foods like croissants.*

*You may not have a Choc o’ Pain near you,, but you might have an old world bakery not too far who does. I’ve also seen sourdough at various farmers’ markets. And if you’re so inclined or want to try something new, you can bake it yourself at home.*

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The croissant on its own may not be the ultimate health food. However, the protein and fat from the egg, ham and cheese rounds out the carb, protein, and fat ratio nicely, This will also make it more satisfying and the meal itself provides plenty of high quality nutrients. And If you just have one, then your calorie count still won't be much above 300 at this point.

That's another point of this example – it's fine to bend the rules a little if you're tracking your calories, while staying at or below what you're burning off and getting good nutrition overall. Sometimes you'll want a treat or something more substantial to eat, sometimes you might want something a little bit sweet and these are great ways to do it both healthy and tasty.

Now let's look at a few cleaner ways to create something similar to the croissant with ham egg and cheese, in terms of protein, fat and carbs. But healthier in overall nutrient content

### **Eggs on Sourdough Toast 6 Different Ways**

Here's a few different meals that will absolutely pack in the nutrients and amino acids and they also taste delicious. Simply toast some fresh baked sourdough or sprouted grain bread and then lay a strip of smoked salmon, or cooked bacon on top. Then add a poached egg. Sprinkle with salt and pepper or other healthy seasoning.

If you don't mind adding a few extra calories, then spread some mashed avocado over the toast first, then the salmon or bacon, then the egg.

This is an awesome breakfast choice because it puts you pretty close to the '30 before 30'. That's 30 grams of protein within 30 minutes of waking up, as recommended by Tim Ferriss among others. This is great for preventing hunger pangs later during your day and for increasing metabolism.

Of course you can do just eggs on avocado toast or just egg on toast.

Any of these variations will give you a ton of high quality amino acids, fatty acids, choline, potassium and more!

*Here are the 6 ways again in case you missed them:*

Eggs on toast

Eggs with smoked salmon on toast

Eggs with bacon on toast

Eggs with avocado toast

Eggs on avocado toast with bacon or

Eggs on avocado toast with smoked salmon

### **Scrambled Eggs**

A simple and easy classic. Just scramble some eggs and pour them into a hot pan preheated on medium low greased with some pasture butter, ghee (clarified) butter, or olive oil for some healthy fat. The butter or oil will increase the calorie count very little but the return on flavor with your eggs will be worth it and this will also provide you with some extra nutrition that will keep you satisfied. Scrambled eggs only take a few minutes to prepare. Top with fresh herbs or spices like fresh parsley and ground black pepper (optional). Rinse your pan clean immediately while eggs cool.

### **Hard or Soft Boiled Eggs**

The great thing about hard or soft boiled eggs is that you can batch them. They take longer to make than scrambled eggs, but you'll have a bunch of them ready to go in no time for breakfast or other meals throughout the week. You can eat hard or soft boiled eggs along with the grapefruit or the piece of fruit if you wish.

## Smoothie

A smoothie is a great way to pack yourself with nutrients and freshen up with a good supply of vitamins, minerals and good carbs (and fiber) for the day. If you want to reduce the sugar hit though, you can make your smoothie with more vegetables or add some plain greek yogurt

The biggest problem with smoothies is that they involve a lot of prep work. However, a Nutri-bullet or Vitamix can quickly solve that problem! You can also just buy a smoothie or fresh fruit and vegetable juice on the way to work - if you have a juice or smoothie place on the way and don't mind spending the extra money. Another option is make your own green drink with a clean green drink powder.

## Protein Shake

I have nothing against Paleo but some paleo dieters go a little overboard with their avoidance of anything man-made in achieving what they see as a "clean diet.". Some man made foods and drinks are actually good for you, and are going to come in very handy for helping you get nutrition when you may need it most.

Protein shakes are a perfect example of a quick easy way to get good quality protein and nutrition when you can't be cooking up a steak or piece of chicken, and you need more protein. Certain protein powders are quite clean today and minimally processed, [like this whey / casein blend](#) and this [multi collagen](#)

## Chapter 6: Simple Lunch Recipes Anyone Can Enjoy

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# SIMPLE LUNCH RECIPES

### **Stuffed Avocado**

Avocado is an excellent source of healthy fats while containing barely any carbohydrates. These healthy fats help hormone regulation, improve blood pressure and keep you feeling full. Avocados are quick to prepare and super delicious. That's why you'll see them in many of these recipes. However, try to keep it to one whole avocado per day or less especially if you're trying to lose weight.

Cut an avocado in half and take out the pit (or use the other half you used for breakfast on avocado toast). Now hollow out a small section in the middle by mashing it inside the shell then add some canned boneless sardines or tuna fish in there. An avocado only contains 160 calories but half will keep you going especially with the protein and omega 3s from the fish.!

## **Greek Salad**

A Greek salad is quite different from the classic Caesar salad and provides even more nutrition! Take lettuce greens, cucumber, cherry or chopped tomatoes, red onion, kalamata olives, and chop them up finely then toss in bowl. Add a small amount of feta cheese. Now mix some olive oil and fresh lemon juice or red wine vinegar and Mediterranean herbs and top over salad. Or you can use something like this - Bragg's Apple Cider, and Olive Oil Vinaigrette. See protein options below.

For protein you can add some chicken from a cooked chicken you made or a cooked rotisserie chicken you bought. Just pull some meat off the bones, shred it with a fork or chop it finely like the veggies and add.

A dollop of hummus and Greek yogurt is another option for a vegetarian meal. Or you can just add chickpeas. The last option is a sliced hard boiled egg.

Often a good way to tell if a meal is nutritious is to look at the different colors in it. If you were to look at this salad you have a ton of different colors which tells you that you're getting varied nutrients!

## **Quinoa Taco Salad**

Prepared quinoa (see below), chopped tomato, green onion, 1/2 avocado (thin sliced), fresh salsa either homemade (see below) or purchase fresh store bought (will be refrigerated) these make up your base. Of course you can even alter your own base if you want. Additions for more protein include black beans and fresh corn, shredded chicken, raw cheddar shredded. Add your choice of one, two or all four of them. Optional toppings / garnishes include cilantro, shredded lettuce, thin sliced radishes.

To prepare quinoa soak overnight with squeeze of lemon juice. Drain and rinse well and prepare with about 25% less water than called for. For example if the package calls for 1 cup quinoa to one cup water then use 3/4 cup water (or broth) instead of 1 cup. Reduce the boiling time / heat and let stand a little longer after you turn off the heat.

To make your own homemade salsa you'll need a carton of cherry or grape tomatoes, green onion coarsely chopped, fresh garlic smashed de-skinned, jalapeño pepper deseeded (optional if you want more heat), sea salt, squeeze of lime juice, or teaspoon of apple cider vinegar, Mexican oregano (yes, there's a pretty big difference but you can use Italian if need be), jalapeño pepper (optional) chili powder, cilantro (optional). Place all ingredients except tomatoes and juice in a blender or processor. Then add tomatoes then squeeze or pour lime juice or cider vinegar over the top. Blend or process until combined but still chunky (or desired consistency). Pour into a bowl and serve. Stores well for about 5 days.

## Chapter 7: Easy Dinner Recipes

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# EASY DINNER RECIPES

If you have used options from the last two chapters for your breakfast or lunch (or something similar) then you should be at around 600-800 calories by the end of the day.

This means you can enjoy all kinds of indulgent meals for dinner without worrying that you'll exceed 2,000 calories for women or 2,500 for men!

As long as you eat generally 'healthy' – i.e. no ready meals, and foods with minimal processing then there are tons of things you can enjoy that will be perfect for eating by yourself or with your family or others. Here are some quick and easy ones...

### **Homemade Pizza**

One thing you may have noticed about this book is that it's letting you get away with some of the meals and foods you might have previously thought of as being forbidden or bad for you! But as long as you're getting lots of nutrition and you're not overindulging, a lot of these things are actually fine

and much healthier when you make them yourself or find healthy options at various food establishments.

Consider pizza for instance. You can buy (or make your own healthier) pizza base and then add the home-made toppings you want. You can add all kinds of different vegetable combinations such as cherry tomato, spinach and artichoke, All very good for you! Mushrooms and dandelion greens is another good combo. Think Kale is the healthiest dark leafy green. Dandelion greens are better.

One of the great things about living in the NYC area is the availability of great food. In addition to Choc o Pain, the French bakery, I was talking about earlier - about two blocks in the opposite direction from my place is another establishment called "Bread and Salt" It's a pizza place, but not just any pizza place. I could tell this place was going to be different before it opened. I'm sure I was one of their first early customers. When I got my first few slices and took my first bite, I could tell right away it was something way above and beyond "pizza."

It was the best pizza I ever tasted. They used fresh vegetables that taste like the chef just grabbed them from the farmers market in the park across the street. When it was new I was going in regularly. One of the main guys started to recognize me and one day when I spoke with him he told me he got a lot of the ingredients from the Union Square farmers market - a the largest farmers market in New York City, with lots of fruits, veggies, specialty cheeses, artisanal breads. The vendors come from all over area.

I was telling so many people about how amazing "Bread and Salt" was. Over time some of them starting reading articles about it, and sending me links, as it started getting written up in local publications.

Then it was written up in the NY Eater, which is pretty well known and has a good reputation for making good recommendations. About a week or two after the article in the eater, it was written up in the NY times as being one of the best pizza places in the entire New York City area. Boom! I was impressed but not surprised.

It was in the NY Eater article I learned that Chef Rick Easton at Bread and Salt ferments the dough, and that made me love and appreciate it even

more. If you remember from earlier, fermented (or sprouted) is the healthiest bread (dough) you can possibly eat.

Not to mention, it makes bread and dough super soft and it tastes absolutely awesome. If you eat real sourdough for a while and then go back to commercially packaged store bought bread, don't be surprised if you can pick up on the processed (or chemical ingredient) taste. And then you'll wonder why you ever ate it in the first place.

There is a huge difference between pizza that is more like fast food and pizza that is made with fermented dough and fresh farmers market veggies. This is going to make the pizza as healthy as you can possibly get.

The kind of pizza Bread and Salt makes is a health food rather than a junk food. Most of their pizzas are combinations of various vegetables. They also go very light on the cheese but use very flavorful high quality cheeses. They use olive oil instead of unhealthy processed vegetable oils. They use delicious combinations of high-quality herbs and spices. And it's not even super expensive like you might think by the way I'm describing it. You can get three slices for about eight to ten dollars, maybe less depending on the slices you get. This pizza is healthy and clean. This is what you're going for. This is clean eating.

Now you may or may not be able to replicate a "Bread and Salt" style pizza on your own at home. Although they do sell some of their ingredients in the store and I know there are plenty of great home chefs around. But, what you can do is take some examples from what they are doing and use them for your own ideas. So if you're a person who likes pizza, but you feel like

because you're dieting or trying to lose weight, then this your answer. This is the way to have your pizza and eat it too.

## **Bolognese**

Another very common Italian dish everyone loves is pasta Bolognese – and this is easy to make healthy as well. Simply cook up some grass fed ground beef with vegetables - the classic bolognese is carrot, celery and onion. But you can add whatever vegetables you want. I like zucchini squash and onion. Mushrooms and onions are another easy healthy addition. Very often you can buy these vegetables precut and ready to cook. The key ingredient here is the pasta. .

My personal preference is Italian style 100% buckwheat pasta. Buckwheat makes delicious pasta. Unlike other healthy pasta options, buckwheat has been used a pasta for a very long time in Japan. it is not the same as whole wheat. in fact, its grain free. That's one o the main things that makes it so much healthier. It's definitely the best tasting healthy pasta I've ever tried, and I've tried a lot. It's gluten free and has minimal ingredients. Truly a clean eating food. but be careful. Just because it's health doesn't mean you can eat a ton of it. it still has a good amount of carbs albeit slow burning ones. Those carbs still translate to calories

## **Beans and Rice**

Beans and rice is a classic meal that is filling, is a good non-meat source of complete protein and are packed with other nutrients too. They're also relatively low calorie and pretty easy to prepare and it will last a few days at least. It's a a super inexpensive meal that tastes good, and has a lot of nutrition.

To make this dish nice and clean. Buy sprouted grain rice or soak brown rice overnight with about a tsp of some lemon juice or apple cider vinegar. If you're using dried beans (recommended) soak them overnight in an acid as well.

For added nutrition cook your rice in [art bone broth or vegetable broth and part water.

For added protein add shredded chicken,

For added protein, trace minerals, and tons of flavor add steamed mussels

Topping ideas - avocado, chopped tomato, green onion, Greek yogurt (substitute for sour cream).

### **Stuffed Baked Potato 2 Ways**

Similarly easy is to bake a bunch of potatoes and make different meals out of them or use them as a side for something else later in the week. Add black beans, sprinkle raw milk cheddar cheese and fresh salsa for another vegetarian meal idea.

While the potato is a simple carb (and not one of your five a day), it does contain some useful nutrients especially from the skin. And the black beans will help to slow absorption of those carbs. Other option is to top with roasted broccoli, shredded chicken and raw milk cheddar. You can also add a spoonful of Greek yogurt to either.

### **Simple Stir Fry**

Simply fry some minced garlic and minced fresh ginger in a pan with some sesame oil add some vegetables - onion, and green onion, then broccoli, shredded savoy cabbage, or bok choy all make good options. Set aside.

Next, add a few strips of beef or chicken until brown. Add an egg in place of or in addition to the meat. Add vegetables back in.

Then add some coconut aminos, or Kamari and a dash of all natural sriracha (optional). Stir until combined and aminos have absorbed.

Serve with brown rice or buckwheat / soba noodles. If you're serving with soba you can add the noodles directly to the pan before the sauce and stir fry them with the meat and veggies to pick up the flavor.

### **Fish and Quinoa Pilaf**

Another really easy one. Fish cooks in no time. In fact, you need to be careful not to overcook it. Just take some fresh salmon or fish of your choice sear it in the pan for about 3- 4 minutes on each side on medium to medium high heat or 10 mins total per inch. More delicate fish will be better baked so it doesn't fall apart.

For the quinoa follow prep recommendations for in the lunch section of this book. This time however, add chicken bone broth or vegetable broth to the quinoa instead of water. Add a tbsp of olive oil, pasture butter or ghee (clarified butter) while simmering. Enjoy with sautéed vegetables or salad greens of your choice. Remember quinoa can be batched a well.

### **Steak and Chopped Salad**

That's right – steak is good for you! Really good in fact. It contains saturated fat but as we've seen, that's not such a bad thing. You'll also get a ton of valuable amino acids, iron, zinc, B vitamins, CoQ10 and more.

If you're worried about the fat or calorie content of the steak then simply pair it with a fresh garden salad. If you want or need more calories go ahead and have a baked sweet or russet potato as well as a vegetable, like asparagus, and a salad. Finely chop lettuce, and cucumber, take a box grater and shred carrot, and radish top with Bragg's olive oil apple cider vinaigrette or homemade dressing of your choice.

### **Baked Chicken and Sweet Potato**

If you want to go really clean and eat something that is low in calories, then bake some chicken, sweet potatoes and vegetables - broccoli, asparagus, or Brussels sprouts being great options.

Preheat oven to 425 for best tasting chicken breasts buy split chicken breasts and cut them off the bone yourself. Season chicken with all natural seasoning (Italian, creole, gochugaru (korean BBQ), healthy adobo etc, Poke holes in sweet potato with a fork or knife and rub them in coconut oil and salt, then wrap in foil. Place sweet potatoes in oven for about 30-40 mins. Then put the chicken in for about 20-25 mins while sweet potatoes continue cooking. For broccoli and asparagus put in the oven in the last 10-15 mins or about halfway through chicken cooking time. Brussels

sprouts can go in when you put in the chicken. Other options are sliced zucchini squash. You can do this all in one large cast iron skillet or on a large baking sheet or you can seprate each one into it's own smaller pan.

## Chapter 8: Healthy Guilt-Free Dessert Recipes and Snacks

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### HEALTHY GUILT-FREE DESSERT RECIPES AND SNACKS

With the best will in the world, you will sometimes need to have a treat or a quick dose of sugar. After a hard day, when your motivation is feeling down or just to break up all that healthy eating – having the occasional desert is no crime!

If you want to try and stay as healthy as possible with it though, then there are also plenty of much healthier dessert options you can enjoy. For example...

#### **Greek Yogurt and Blueberries**

Just like breakfast, take some plain Greek yogurt and sprinkle in some blueberries. This is also a great option as it can be much more satisfying than many other deserts like ice cream. To make it more dessert-like, you could add a teaspoon of shaved dark chocolate

## **Fruit Salad**

Sure, this might not sound like it wouldn't be all that great... but it depends on how it's made. Maybe you include a teaspoon of dark chocolate shavings on top of your fruit salad and or a dollop of some Greek yogurt!

## **Cereal**

Remember what I said a few chapters back about thinking outside of the box? Cereal is a good option for dessert, if you choose a good one. Why? Number one, it is super fast and easy. Two, it normally comes in at under 250 calories per portion, Three, it's usually pretty tasty, and four, it's much cleaner and healthier than many other standard desserts. You can top it with some fresh fruit or other superfoods like wheat germ, flax or chia seeds. One time I found a box of sprouted brown rice cocoa crispies at the store and decided to pick that up and have that as a dessert for the week and I added chia and hemp seeds to it and ate some fruit with it as well.

## **Ice Cream**

I get it. Sometimes yogurt just won't cut it. Ice cream is actually not the worst dessert in the world when enjoyed in moderation. It has protein and calcium. It also makes a great vehicle for berries and fruit and nuts and seeds so you can reduce your normal ice cream portion and add those healthier toppings. If you're looking to go dairy-free look for a fruity sorbet like lemon sorbet (this is also highly refreshing). Look for all natural varieties. Real ice cream should have very few ingredients and sorbet as well.

## **Dark Chocolate**

I'm not cruel enough to suggest that you remove chocolate entirely from your diet. When you do have it though, try to gravitate toward dark chocolate that is 70% cocoa or more. Dark chocolate contains less sugar and is also rich in numerous other beneficial ingredients. That includes theobromine, which can improve brain function and give you a kind of 'relaxed' energy boost. I find chocolate works well when small amounts are added to other foods. For example chocolate covered strawberries or just sliced strawberries with chocolate shavings over the top. or in a croissant or in buckwheat pancakes for example.

## **How to Snack**

Just as you sometimes want dessert, you will sometimes need to snack between meals to tide over those hunger pangs. Again, there are plenty of safe ways to do this...Pumpkin or Sunflower Seeds

More filling than they sound, these also provide you with various benefits such as potassium and zinc. Keep a bag by your desk for snacking at work. Opt for sprouted seeds when possible.

## **Nuts / Almonds**

Nuts are a little more calorific but offer many of the same benefits in terms of nutrients and have low / slow burning carbs. They're also a good source of healthy fats.

## **Dried Apricots**

If you need something sweet, then a bunch of dried apricots will give you some vitamins along with a little sugar and a great pick-me-up. Sweet but much cleaner and healthier than candy. Get the un-sulphured kind to keep it clean.

## **Vegetable Chips**

You can buy these or try to make them yourself and they'd be a lot healthier.. Either way, these provide the crunch and satisfying hit of salt that potato chips do. Chip's aren't the cleanest snack on this list, but vegetables chips (like sweet potato, or cauliflower chips) are packed with much more nutrition and are cleaner than regular potato, or corn chips.

## **Protein Shake**

The aforementioned protein shake is a great source of protein and often surprisingly delicious (they [taste like a milkshake!](#)). Mix with water, rather than milk if you want to keep the calories down

## **Celery Dipped in Humus**

This will barely add any calories, help you feel full, and chickpeas (used to make hummus) are a super slow burning carb particularly. You don't just have to stick to celery here. Whatever type of veggie platter type veggies you like will work fine.

## **Celery with Almond Butter**

Same idea as above, except this time you'll spread some almond butter in the center of the celery stick. You can also stick some raisins in the almond outer to make "ants on a log"

## **Red Pepper Slices and Cheese**

Red Pepper is packed with vitamin C and other nutrients. You can have carrot, celery or whatever veggie platter type veggies you might want to have. To clean up the usual cheese stick though, grab some snack size portions of goat cheese or grab a brick of raw milk cheddar cheese, and cut it up (can be found at trader joe's) or

fresh mozzarella works ok as it's easier to find, though it will be more messy.

Easily convenient, very satisfying and loaded with flavor and nutrients. A little bit of all natural (raw milk) cheese or goat milk cheese will add in some protein and fat to round out the carbs from the veg.

## Chapter 9: Other Ways to Get Healthy Meals - Meal Deals and More.

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### MEAL DEALS AND MORE

So far, I've strongly recommended cooking a little more and making more of your own meals. Why? Because that way you can avoid processed foods and know exactly what's going into your body. When you eat out there can be a lot of hidden ingredients. Something that appears to be healthy, may not be as healthy as it appears.

But this is also just to help make explaining diet and nutrition easier too. What really matters is not how you get the food but the end result in terms of calories and nutrition.

And there are lots of other ways you can eat just as healthy – which will often be more convenient and significantly simpler.

For example, a lot of places have salad bars that let you help yourself to different types of lettuce leaves, cut broccoli, chickpeas, sliced hard boiled eggs, sliced beets, olives, etc and not too expensive! If you

can find one of these near where you work then this is often a great way to save time and get a quick, healthy and relatively inexpensive lunch.

Similarly, meal deals can often be a great choice. Many places offer deals for lunch, even Choc o pain has a salads, sandwiches and homemade soups they have for lunch deals These often include significant savings and if you care to check for deals, then you can eat very healthy for lower prices. Maybe you can find a place like Choc O Pain and pick-up a healthy sandwich or soup and salad for example – all this can be \$5-\$10 if you find a good lunch deal!

You might also consider a food delivery service package that delivers your already prepared meals or the ingredients for all your meals to easily reheat and assemble yourself. There are more and more of these springing up online and if you can afford them, they simplify the process of planning your weekly menu and eating healthy. Especially if you are a busy professional like many clients I work with here in the NYC area.

## **Eating Out**

Eating out can also fall into this category. If you know where to go, and what and how to order. Eating out can sometimes be a great way to get a nutritional and flavorful meal!

However, more often eating out has the opposite impact on your diet and some people will find it difficult to stick within their goals if they are often being invited out by friends.

The trick is simply how you eat out and where you go. Obviously you can

save yourself a lot of calories and get a lot more nutrition by choosing the meal wisely.

If it's between a burger and a steak, then a steak will give you a lot more nutrition for your calorie buck. If it's between a side of chips and a side of salad... then you know what to do (foods like sweet potato chips could make a good compromise here though too).

Because even a seemingly 'healthy' salad can often be quite high in calories as a lot of oil and other flavorings will be added with dressings. If you're ever worried about what you can eat when eating out, then try doing a little research before you head out by looking online at their menu. Or just ask the server if certain dishes can be modified.

If your meal is going to be very calorific, then try to minimize the damage by having more water instead of more wine and by skipping or sharing the starter. Desserts should almost always be avoided in restaurants when you're trying to lose weight, but to make this less awkward, consider sharing a dessert or just having a coffee or tea and a biscotti.

## Chapter 10: Easy Ways to Reduce Your Calories and Junk Foods

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# REDUCE YOUR CALORIES AND JUNK FOODS

A good diet is not just about what you add but also what you take away.

Unfortunately, a lot of people forget to think about the smaller aspects of their routine and their diet when trying to manage and track their calories and their nutrients and this can skew their math!

Eating out, or take out often involves a lot of “hidden calories”

This list provides you with some more tips that can help you to cut pesky empty calories that might be sneaking into your diet...

**Have Americanos** – If you're currently starting each day with a frothy cappuccino then you'll be piling on calories and sugar unnecessarily! In fact, an indulgent hot drink such as this can sometimes contain well in excess of 200 calories - and you thought the croissant sounded bad. Instead, have a plain black Americano and you'll be adding 0 calories while boosting your metabolism. You can sprinkle it with some cinnamon to make it extra healthy and help curb your craving for sweets.

**Limit, Reduce or Avoid Soda and Drinks with Added Sugars** – Soda drinks like Coca-Cola. These are packed with sugar and calories and provide zero benefits. Something like sweetened iced tea can be tricky too as it seems healthy but is often loaded with lots of sugar and sometimes even artificial ingredients. Swap this for some fresh juice, iced green tea with lemon, milk or milk substitute.

**Limit or Reduce Added Sugar** – If you add sugar to your tea or coffee, then this is another way you're unnecessarily adding to your overall sugar and calorie intake! This is a super easy way to cut calories from sugar. Even if you have 2 tsp of sugar in your coffee or tea and you cut it to 1 then you'll be saving yourself 30 tsp of sugar per month. 1 tsp doesn't sound like a lot but it all adds up over a relatively short period of time.

You should also stop consuming large amounts of sugar in some cereals. Instead buy a cereal without added sugar then add some of your own "healthier sugar" in the form of raw honey or fresh fruit. This change will lessen your sweet tooth so you'll actually crave sweet snacks less often!

**Use Smaller Bowls** – Struggling with portion control? Just replace your bowls and plates with smaller alternatives. You'll find you'll be less likely to pile on massive portions and eat less total calories. It will also be more work to get up and serve yourself again and it will make you think twice before automatically shoveling down larger than average size portions. Make you more aware of how much you're eating. If you're going to add large portions make it some extra vegetables. and if you're going up for seconds make sure you add more vegetables to whatever else you're grabbing more of

**Get Smaller Cutlery** – Get yourself some small cutlery to go with that smaller bowl and plate! This will make you eat slower which makes you get fuller faster!

It takes a while for the brain to register how full you are. Enjoy your food. Chew your food more before you swallow. This also help your digestion and nutrient absorption.

**Drink Plenty of Water** – Drink a big glass of water about 1 hour or at least 20 minutes before your next meal. You'll absorb the water better and hydrate your cells, you'll also be less hungry and less likely to stuff yourself.

**Cut Down on the Butter** – Saturated fat like that which comes from butter is not bad for you. But it does add lots of calories. If you want to lose a bit more weight, simply stop adding as much butter to breads, etc. Or just cut out the amount you normally use in half. A very thin spread of butter is all you usually need for flavor.

## Conclusion and Summary – Your Plan for Sticking to Healthy, Low Calorie Meals

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So throughout this book we have discussed the nature of diet in detail. We've cut through a lot of the jargon and nonsense that comes with modern diet advice and found the common themes that make a diet WORK.

A good diet should not only help you lose weight (and keep it off!) but should also build lean muscle, improve your energy levels and enhance your brain. And the best way to accomplish all that is to...

- Work out your personal BMR to know how many calories you're burning every day  
Consume fewer calories than you burn in order to lose weight
- Estimate calories rather than strictly counting using a food log over the course of a week or so to get an average.

- Reduce your intake of simple carbs
- Reduce your intake of 'processed foods'
- But otherwise make sure to get a good mixture of everything you can and not to ignore any food groups
- Hunt out the most nutrient dense foods you can
- However, to make this work, you need to use some tricks and strategies to get it to fit into your diet and your routine.

**To do this, it pays to follow a number of tricks...**

- Manage your time and energy levels in ways that prioritize your diet and health
- Use the morning and afternoon to fit in your less indulgent, clean meals
- Consider using lunch deals, and salad bars and other ways to get healthy food cheaply and conveniently
- Cook your evening meals fresh where possible and enjoy them! Eat slowly and eat a combination of protein, fat and carbs (fiber), to aid absorption.
- Organize your kitchen and invest in the right small appliances (such as a Vita-mix, Nutri-bullet, stick blender or mandolin)

- Cut calories and snacks in simple ways (avoiding soda, sugary drinks, added sugars to things like coffee etc.)
- Learn some basic meals that you can fall back on when you're pushed for time.
- And learn to make a few healthy meals you really like that you can eat often
- Keep some useful and versatile ingredients on hand in your cupboard that will keep.

And to make all this a lot easier, we've supplied a ton of great and easy recipes in each chapter! So refer back to them any time you need.

Finally, remember that you're only human! Don't be too hard on yourself if you don't manage this immediately– it's a LOT of change.

Instead, start with simple small steps and build up over time. They'll add up to some massive differences and soon you'll feel better than you ever have!

If you would like or need **further help, accountability and professional guidance with weight loss, customizing an exercise routine, or personalizing your meal plan** [contact me here for availability for virtual personal training and online fitness / wellness coaching](#) programs. As well as **at home DIY online mind / body / lifestyle transformation training and nutrition package**

## High Quality Food Supplements

[Ageless Body](#) - anti-aging, workout recovery, immune boosting

[Low Carb Whey / Casein Protein Blend](#) - high quality blend of whey and casein proteins, muscle tone

[Multi Collagen Protein](#) skin, hair, nails, joints, gut health, anti-aging, immune boosting, muscle tone, keto friendly

[Metabo-Greens](#) - 40 + vegetables and fruits in one serving, metabolism, energy, immune boosting.

## Key Clean Ingredients and Time Saving Kitchen Gadgets

### Time Saving Kitchen Gadgets to Make your Own Super Health Food

Nutri-bullet

Vita-mix - turn your kitchen into your own juice-bar with this baby

Stick blender - great for juicing and making homemade healthy cream soups.

Mandolin - slice, julienne, shred, whole veggies in seconds with less clean up than most kitchen gadgets that do the same thing.

### Key Clean Eating Sample Food List

Buckwheat Pasta

Sprouted flax seeds

Hulled Hemp seeds

Pure maple syrup

Manuka honey - not regular honey, medicinally graded

Raw Honey

Pure Yacon syrup - a low carb all natural sweetener

Buckwheat flour - gluten free, pseudo-grain for clean eating pancakes and waffles

Bragg's Vinaigrette Dressing - the best tasting healthy dressing and marinade made with olive oil, cider vinegar, honey and all natural spices

Coconut Aminos or tamari - use for adding tons of flavor instead of salt.