

24-hour

Clean Eating Cheat Sheet

MORNING RITUAL

Hot Lemon Water

And enjoy anytime during the day

Breakfast GREEN SHAKE

Green Shake: Protein powder* or almond butter (1.5T) + unsweetened vanilla almond milk (1/2 c.) + kale (1 c.) + banana (1 small) + ice

*Brands like Vega, Vital Proteins, or Garden of Life

Lunch

TAHINI TWISTER

Tahini Twister: 1 sprouted whole grain wrap filled with grilled veggies (1 c.) + tahini (2T)

NIGHT RITUAL

Peppermint Tea + Dark Chocolate (1 oz)

Snack BELLY FIX

Kefir (1/2 c.) + Berries (1/2 c.)

Eat at hungriest time during the day

Dinner

NOURISH BOWL

Nourish Bowl: Cooked quinoa (1/2 c.) + cooked garbanzo beans (1/2 c.) or grilled salmon (3 oz) + chopped kale massaged in olive oil & lemon (2 c.) + smashed avocado (1/2) + sauerkraut (1/4 c.)

GROCERY LIST

- sprouted whole grain tortillas
- quinoa
- almond butter or protein powder
- tahini (sesame seed paste)
- garbanzo beans or salmon
- plain kefir (low fat, not fat free)
- lemons
- kale
- banana
- grilled veggies
- sauerkraut (unpasteurized)
- berries
- avocado
- extra virgin olive oil
- dark chocolate
- peppermint tea
- almond milk (unsweetened vanilla)

SUCCESS HACKS

Intermittent Fasting 101: Wait 12-16 hours after dinner to start breakfast.

Focus on chewing every bite of food 15x.

Enjoy every meal from table-plate-chair.

Hit your daily water targets (72oz for women/100oz for men).

Portions are just estimates to get you started. Use your own "Visual Wisdom."