



MONTH 1

Clean Eating 101

CLEAN EATING TO-DO LIST

The basic principle of clean eating is consuming only whole, fresh, unprocessed foods. Eating clean is a way of life. Use this check list to help you get started on your clean eating journey.

- Let go of junk food. Toss out or donate any processed foods lingering in your kitchen.
- Release yourself from sugar addiction. Avoid addictive sweeteners like cane sugar and corn syrup. Instead opt for natural sweeteners in moderation like raw honey, maple syrup, and monk fruit.
- Reduce or eliminate alcohol from your diet. Instead choose relaxing herbal teas like lavender, chamomile, and lemon balm.
- Shop at a local farmer's market for your organic produce and pastured meats. This will help you avoid the junk-food temptations found in conventional grocery stores.
- When you do shop at a conventional grocery store, stick to the Clean 15 and avoid the Dirty Dozen. Print these lists or save to your phone and keep them with you when you shop.
- Add more fresh vegetables and fruits to your meals.
- Drink enough water throughout the day to stay hydrated.
- Purchase some clean-eating snacks to keep in your bag while you are on-the-go to avoid stopping for fast food.