



# FITFAM FITNESS

## 5-Day Clean Eating Guide



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## WHY CLEAN EATING IS GOOD FOR YOU



The key to **EATING CLEAN** is simple.  
Take on this approach to a diet-free world today!

- ☑ **FRUIT & VEGETABLES.** If it falls from a tree, then it's safe to say it's a good option.
- ☑ **LEAN MEATS.** Meat is not our enemy.
- ☑ **Embrace GRAINS.** Brown is best!
- ☑ **H2O** is the way to go.



## What Does Clean Eating Mean?

If you ask 100 people, you will probably get 100 answers. So let's keep it simple!

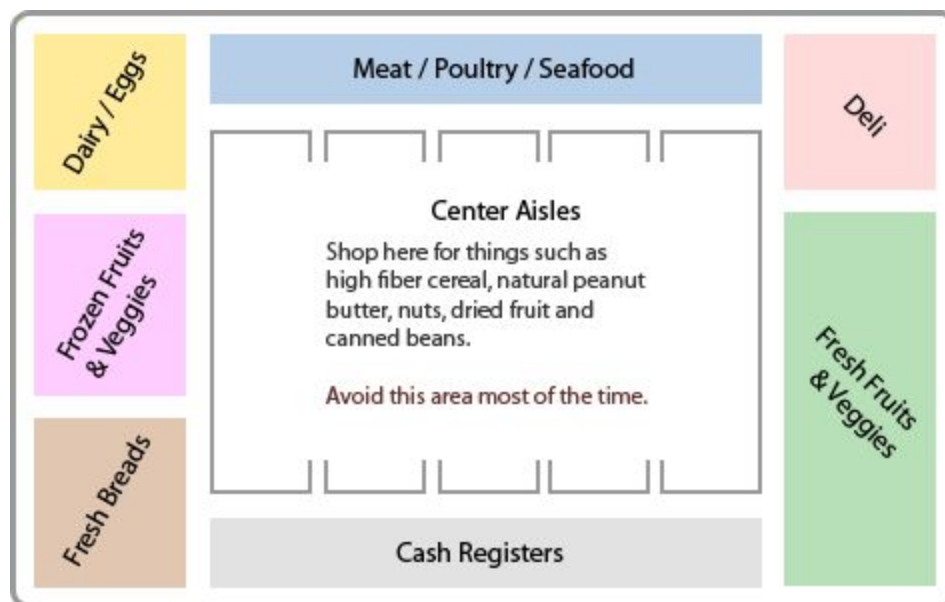
For our purpose, we will define "Clean Eating" as eating unprocessed foods. What does that mean? Well, if it comes from the earth, you're good! If it comes in a box, ditch it! (THERE WILL BE EXCEPTIONS-READ THE INGREDIENTS!)

Ok, let's take a look at the grocery list!

“ If it comes from a plant, eat it! If it is made in a plant, don't! ”

-Some smart person

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## The Grocery List

Try to shop the perimeter! If you take a look at your local grocery store set-up, you may notice the outer aisles of the store usually range from produce to deli, bakery, to meats/seafood to dairy, right? These will be your main staples! Now, I have been known to frequent an inner aisle or 2 to grab essentials such as oatmeal, syrup, pb&j, seasonings, and the occasional package of cookies, but these are reserved for special treats! Learn how to read the labels! If there are more than 3 or 4 ingredients listed on the label, skip it!

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# 5-Day Clean Eating Grocery List

## Produce

Spinach/Romaine

Broccoli

Asparagus

Avocado

Tomato

Sweet Potato

Banana

Clementines

## Grains

Wheat wraps

Brown Rice

Oatmeal

## Dairy

Eggs

Greek Yogurt

Cheese/Sticks

Almond Milk

## Meats/Fish/Poultry

Chicken Breast

Ground Turkey

Salmon/Tilapia

## Shrimp

## Condiments/Seasonings

EVOO/Coconut Oil

Adobo

Garlic

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# Day One

Wake up and have 1 glass of WATER! Ok, you can have a coffee/tea, too!  
But no sugar added!

Breakfast:

2 eggs/2 egg whites with 1 slice of cheese (use evoo or coconut oil)

½ cup oatmeal-maybe a squirt of honey added

AM Snack:

Greek Yogurt

Piece of Fruit

Lunch:

Grilled chicken with veggies wrap(I typically use 3-4 ounces of protein)

PM Snack:

Cheese Stick

Almonds (1 serving size!)

Dinner:

Salmon/Tilapia

½ cup rice

Asparagus

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# Day Two

Breakfast:

Breakfast Burrito

<http://www.food.com/recipe/eat-clean-breakfast-burrito-272959>

AM Snack:

Greek Yogurt

Piece of Fruit

Lunch:

Ground turkey tacos with rice and beans

(in a bowl topped with some shredded cheddar or on a wrap!)

PM Snack:

Cheese Stick

Almonds (1 serving size!)

Dinner:

Grilled chicken

Sweet Potato

Broccoli

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# Day Three

## Breakfast:

1c Oatmeal with Fruit

2 hb eggs

## AM Snack:

Greek Yogurt

Piece of Fruit

## Lunch:

Top your favorite garden salad with 3 oz chicken and 2 hb eggs

## PM Snack:

Cheese Stick

Almonds (1 serving size!)

## Dinner:

Shrimp and rice

<https://www.thegraciouspantry.com/clean-eating-garlic-lime-shrimp/>

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# Day Four

## Breakfast:

3 egg omelette with veggies and cheese

## AM Snack:

½ cup oatmeal

Fruit

## Lunch:

Ground turkey wraps

<http://dailyburn.com/life/recipes/healthy-turkey-burgers-recipe/>

## PM Snack:

Cheese Stick

Almonds

## Dinner:

Chicken (again?!)

<http://allrecipes.com/recipe/14537/spicy-chicken-breasts/?internalSource=hub%20recipe&referringId=17587&referringContentType=recipe%20hub&clickId=cardslot%2016>

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# Day Five

Breakfast:

Egg cups!

<http://www.lorisculinarycreations.com/2012/10/muffin-tin-egg-cups-html/>

AM Snack:

Greek Yogurt

Fruit

Lunch:

Skinny Burrito in a Jar

<http://skinnyms.com/skinny-burrito-in-a-jar/>

PM Snack:

Cheese sticks

Almonds

Dinner:

GRILL!!

Salmon Foil Wraps!

<https://www.reference.com/food/simple-foil-baked-salmon-recipe-9510edb1b2eb0b9a?qo=cdpArticles>

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# YOU DID IT!!

That wasn't so bad, was it? As I'm sure you've noticed, I am a creature of habit. I found what works and I repeat it. I stay full and know that I am making the healthiest choices for my body. If you meal prep before the week begins, it's even EASIER to stay on track! Keep it simple, affordable, and accessible and you are well on your way!

For more recipes and meal planning tips:

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