



FREE

5 DAY

CLEAN EATING
guide

RULES OF THE 5-DAY CHALLENGE

1) this whole thing runs off an honor system. so i KINDLY ASK that if you have friends who are interested in what you're doing, you don't just send them the information I've given you. its said that 82% of ppl in a fitness study never finished the program they set out to do BECAUSE THEY WERE DOING IT ALONE... so i am PASSIONATE about LINKING PPL with a support community so that they can ACTUALLY reach their goals. If you know someone interested or who you think might be blessed by this, please trust the process , and send them my way (or send me their name) so that i can be a support for them, not just a source of a meal plan. I care about results & boosted morale. So afford them (and me) that chance. Anyone can google a meal plan. Lasting & sustainable change comes with support.

#rantover thanks!

2)There are NO CHEAT DAYS on this diet plan, so no cheating. Vegetarians are more than welcome to substitute an equal calorie item with the same amount of protein for any meat items. Do your best to follow this, if you don't have strawberries but you have raspberries, go ahead, no one is going to call the berry police, but if you are in doubt...you shouldn't eat it. If you are hungry some great fillers are fiber and wheat grass and of course trusty old water!

...rules continued...

Beverage Rules: drink HALF of your Weight, in Oz of water
ex: if you weigh 200lbs, drink 100 oz water daily
if you weigh 150lbs, drink 75 oz water daily.

You are allowed one cup of coffee per day max and one cup of tea
keep sugar to a minimum and use only nonfat dairy/creamer.

Absolutely NO alcohol, juice, soda or sports drinks! No, not even one.

Again.. DO YOUR BEST TO NOT CHEAT! it's only 5 days, you can
SO do this!!! if you "have to cheat", think "extra carrots", not, "whole
pan of brownies"...got it? ;) stay healthy. you want to see for yourself
what results you can get with just 5 days of no excuses & no
monkeying around :) it'll pay off, i promise :)

3)POST DAILY, you never know who you're inspiring and pushing to
not give up.

So excited you are all doing this with me! EACH DAY I WILL POST A
DAILY CHALLENGE: aim to respond/participate EACH DAY. i know
we all have busy lives; we will get out of this, what we put into though
:)

GROCERY LIST

****technically FOR ONE PERSON, but you WILL have left overs****

REMINDER- THIS IS JUST A BASE LIST, YOU WILL NEED TO ADD MORE PROTEIN OR VEGGIES TO MEET YOUR CALORIC NEEDS FROM THE "Low On Fuel? Read This!" page.

Low fat turkey bacon (12oz)

Tuna- 2 cans (5oz OR canned chicken)

Boneless Pork Loin (8oz)

Chicken Breast (2) If you only use 1, you can freeze the other one

Chicken Tenders (1 pound package, freeze what you don't use)

Sliced turkey breast (8oz) Salmon (two 4oz fresh salmon or 16oz bag frozen)

Deli Turkey Low Sodium (8oz)

Flank Steak (4oz)

Whole Wheat Bread loaf Whole Wheat Tortillas (70 calories each)

Quinoa (16oz Village Harvest) (brown rice will do if you can't find Quinoa)

Dijon Mustard

Ranch Seasoning Packet

Honey or Agavae

Parsley (dry or fresh)

All natural Peanut Butter

No Sugar Jam (smuckers simply fruit)

Low sodium teriyaki sauce or marinade

Sesame oil

Powdered ginger

Rosemary- dry or fresh

Low Sodium black beans (1 can)

Humus (10oz)
Olive oil- for baking
Balsamic Vinegar
1 gallon skim milk or almond milk
Plain Greek Yogurt (16oz)
Parmesan cheese (1 cup)
1 dozen Eggs
Low Fat Cottage Cheese (16 oz)
Low Fat Sour Cream (8oz)
Sliced low sodium cheddar cheese
Cucumber (1)
Red Bell Pepper (1)
Pico de Gallo (10oz)
Tomatoes (2)
Mixed Greens (5.5oz)
Small bag of fresh spinach (10oz bag)
Cherry Tomatoes
Celery (bag)
Carrots (bag)
Banana- 4
Broccoli (4 cups fresh or 12 oz frozen steamer bag)
Melon of choice
Avocado (3)
Pineapple
1 bulb garlic
Scallions (2)
1 zucchini
Cilantro (1 bundle)
Lime (1)
Sweet potato (2)
Berries of choice (3 servings)
Apple (4)
Green Beans Fresh (or 12 oz steamer bag)
Raw almonds- for snacking each day

Low on Fuel? Read This!!

If your energy levels drop and you need to eat more- add more vegetable or protein. Figure 2 oz of lean meat or protein is around 100 calories. Any amount of raw vegetables can be added at anytime or a large bowl of salad with the allowed salad dressing choices provided.

The calorie count for each days' meal plan is around 1,200 as a base. You will need to add calories according to the list below. This plan is a way to jump start your weight loss and should not be followed for more than 5 days. After the 5 days is up, I recommend you start at 1,800 as your calorie base and add more accordingly.

Here is a guide to know how many more calories you should add to the plan in addition to what I provide. This can be an extra snack from the list or adding extra veggies/protein:

*under 140 pounds- add an extra 100 calories each day

*141-150 pounds- add an extra 200 calories each day

*151-160 pounds- add an extra 300 calories each day

*161-170 pounds- add an extra 400 calories each day

*171-180 pound- add an extra 500 calories each day

*181-190 pounds- add an extra 600 calories a day

*191-200 pounds- add an extra 700 calories each day

*200+ pounds- add 700 calories each day + another 100 calories for each 10 pounds over 200 pounds

Day 1 Meal Plan

BREAKFAST-

Turkey Bacon Breakfast Sandwich

- 1 slice low fat turkey bacon
- 2 slices whole wheat toast
- 1 egg, scrambled or poached
- 1/2 tomato sliced



AFTERNOON SNACK- Shakeology

MORNING SNACK-

- 1 medium banana
- 7 walnut halves (or raw nut of choice)



LUNCH-

Tuna Salad

- 3 cups of mixed greens
- 4 oz. water-packed tuna (drained)
- 5 cherry tomatoes
- 1 stalk chopped celery
- 3 scallions diced
- 2 Tbsp. fat-free ranch dressing
- 1 cup of green tea



DINNER-

Honey Dijon Chicken w/ Steamed Garlic-Parmesan Broccoli

Ingredients:

- 1 chicken breast or 2-3 breast halves
- 1/3 cup Dijon mustard
- 3 Tbsp. honey
- 1 Tbsp. parsley flakes
- salt to taste
- 1 cup broccoli
- 4 Tbsp. Parmesan cheese
- garlic
- salt to taste

Directions:

Mix Dijon mustard with honey, add parsley flakes and salt. Coat a 6oz chicken breast half in the mixture. Cook on a grill for about 7 minutes on each side (or until fully cooked). Steam 4 cups of frozen or fresh broccoli and top with 1 Tbsp. olive oil, 2 tsp. garlic salt and 4 Tbsp. Parmesan cheese. Makes 4 servings. Day 1

Day 1 Nutrient Count: Calories: 1,183 Total
Fat: 41 g Protein: 107 g Carbs: 101 g Fiber: 16.5 g

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Fat: 41 g Protein: 107 g Carbs: 101 g Fiber: 16.5 g

BREAKFAST-

Turkey Bacon Breakfast Sandwich

- 1 slice low fat turkey bacon
- 2 slices whole wheat toast
- 1 egg, scrambled or poached
- 1/2 tomato sliced

SNACK-

- 1 medium banana
- 7 walnut halves/12 raw almonds (or another raw nut of choice)

LUNCH-

Tuna Salad

- 3 cups of mixed greens 4 oz.
- 1 can of water-packed tuna (drained)
- 5 cherry tomatoes
- 1 stalk chopped celery
- 3 scallions diced
- 2 Tbsp. fat-free ranch dressing
- 1 cup of green tea

SNACK-

Shakeology

DINNER-

Honey Dijon Chicken w/ Steamed Garlic-Parmesan Broccoli

- 1 chicken breast or 2-3 breast halves
- 1/3 cup Dijon mustard
- 3 Tbsp. honey 1 Tbsp.
parsley flakes
- salt to taste
- 1 cup broccoli
- 4 Tbsp. Parmesan cheese
- garlic
- salt to taste

Directions: Mix Dijon mustard with honey, add parsley flakes and salt. Coat a 6oz chicken breast half in the mixture. Cook on a grill for about

7 minutes on each side (or until fully cooked). Steam frozen or fresh broccoli and top with 1 Tbsp. olive/coconut oil, 2 tsp. garlic salt and 4 Tbsp.

Parmesan cheese.

Day 2 Meal Plan

Day 2 Total Calories: 1,193 Total Fat: 33g
Protein: 79g Carbs: 155g Fiber: 15g

BREAKFAST- Melon & Yogurt

(Calories: 251 Protein: 7g
Carbs 51g Fat: 2g Fiber 1g)
6 oz Plain Greek Yogurt
3/4 cubed melon
Honey or agave



AFTERNOON SNACK- veggies & ranch

1 zucchini sliced, 1 large carrot sliced, 2 TBS home made ranch dressing (or add some dressing to low fat cottage cheese!)

MORNING SNACK- 1 serving Shakeology (with ice & water) OR Apple almonds



DINNER- Grilled Teriyaki Salmon with Ginger Quinoa and Green Beans

[MAKES 2 SERVINGS]
(Calories: 336
Protein: 27g Carbs: 41g Fat: 6g Fiber: 2g)

Two 4oz pieces of salmon without the skin
3 TBS Teriyaki Sauce or marinade
2 pineapple rings

Ingredients:

1 garlic clove
1/2 tsp sesame oil
1 tap powdered ginger
1 cup cooked quinoa or brown rice

Directions-

Marinate the salmon in teriyaki over night or at least 1 hour before cooking. Grill the salmon for 5 minutes on each side. Pale pineapple on grill for 2 minutes and sear (OR bake at 450 degrees for 12-15 minutes). Cook quinoa (or rice) according to directions, but add the powdered ginger to it while cooking. Cook the green beans according to directions or however you'd like. You can add a little olive oil and a TAD of salt and the garlic.

LUNCH- Turkey Avocado Wrap

(Calories: 252 Protein: 22g
Carbs: 28g Fat: 10g Fiber 6g)
3 slices turkey breast
1 whole wheat tortilla
1/2 tomato sliced, 1/2 avocado sliced
Handful of lettuce or greens
2 TBS home made ranch dressing
Assemble all ingredients on tortilla,
wrap and enjoy



Total Calories: 1,193 Total Fat: 33g Protein: 79g Carbs: 155g Fiber: 15g

BREAKFAST- Melon & Yogurt

(Calories: 251 Protein: 7g Carbs 51g Fat: 2g Fiber 1g)

6 oz Plain Greek Yogurt
3/4 cubed melon
Honey or agave

SNACK-

one serving Shakeology with ice & water
OR Apple and almonds

LUNCH-

Turkey Avocado Wrap

(Calories: 252 Protein: 22g Carbs: 28g Fat: 10g Fiber 6g)

3 slices turkey breast

1 whole wheat tortilla

1/2 tomato sliced

1/2 avocado sliced

Handful of lettuce or greens

2 TBS home made ranch dressing

Assemble all ingredients on tortilla, wrap and enjoy

SNACK-

veggies & ranch

1 zucchini sliced

1 large carrot sliced,

2 TBS home made ranch dressing (or add some dressing to low fat cottage cheese!)

DINNER-

Grilled Teriyaki Salmon with Ginger Quinoa and Green Beans

(Calories: 336 Protein: 27g Carbs: 41g Fat: 6g Fiber: 2g)

4oz pieces of salmon without the skin

3 TBS Teriyaki Sauce or marinade

2 pineapple rings

1 garlic clove

1/2 tsp sesame oil

1 tap powdered ginger

1/2 cup cooked quinoa or brown rice

Directions- marinate the salmon in teriyaki over night or at least 1 hour before cooking. Grill the salmon for 5 minutes on each side. Place pineapple on grill for 2 minutes and sear (OR bake at 450 degrees for 12-15 minutes)

Cook quinoa (or rice) according to directions, but add the powdered ginger to it while cooking.

Cook the green beans according to directions or however you'd like. You can add a little olive oil or coconut oil and a TAD of salt and the garlic.

Day 3 Meal Plan

BREAKFAST-

Pineapple & Cottage Cheese

(Calories: 236 Protein: 28g
Carbs: 22g Fat: 2g Fiber: 1g)
8oz low fat cottage cheese
1 cup cubed pineapple



AFTERNOON SNACK-

Berry protein smoothie (you can swap this with breakfast as well)

1/2 cup fresh berries

1/2 banana

1 scoop shakeology OR protein powder OR 8oz plain Greek yogurt

1 cup nonfat or almond milk

Ice as needed

MORNING SNACK-

Apple & almonds



DINNER-

Chicken Tacos with Black Beans & Quinoa

(MAKES 4 servings)

(Calories: 368 protein: 30g Carbs: 50g

Fat: 8g Fiber: 11g)

Ingredients:

Two 6oz chicken breast or 1 pkg chicken tenders (baked or grilled & diced)

Pico de gallo

1 TBS sour cream (per serving)

Whole wheat tortillas

1/2 avocado per serving

Cilantro

Limes

Low sodium black beans heated. Add lime juice & cilantro to taste. 4 servings of quinoa or brown rice. Assemble ingredients on tortillas. Serve with side of beans & quinoa.

LUNCH-

Sweet Potato & Mini Salad with tuna & veggies

1 medium sweet potato cooked (you can cube it if you prefer)
Drizzle olive oil and a TAD of salt on the sweet potato

1 small can of tuna or canned chicken on top of 2 cups mixed greens with veggies of choice.



Day 3 Total- Calories: 1,211 Total Fat: 17.5g
Protein: 101g Carbs: 164g Fiber: 25.5g

Totals- Calories: 1,211 Total Fat: 17.5g Protein: 101g Carbs: 164g
Fiber: 25.5g

BREAKFAST-

Pineapple & Cottage Cheese

(Calories: 236 Protein: 28g Carbs: 22g Fat: 2g Fiber: 1g)

8oz low fat cottage cheese

1 cup cubed pineapple

SNACK-

Apple & almonds

LUNCH-

sweet potato & mini salad with tuna & veggies

1 medium sweet potato cooked (you can cube it if you prefer)

Drizzle olive oil and a TAD of salt on the sweet potato

1 small can of tuna or canned chicken on top of 2 cups mixed greens with veggies of choice.

SNACK-

Berry protein smoothie (you can swap this with breakfast as well)

1/2 cup fresh berries

1/2 banana

1 scoop shakeology OR protein powder OR 8oz plain Greek yogurt

1 cup nonfat or almond milk

Ice as needed

DINNER-

Chicken Tacos with Black Beans & Quinoa (MAKES 4 servings)

(Calories per serving: 368 protein: 30g Carbs: 50g Fat: 8g Fiber: 11g)

2-3 6oz chicken breast or 1 pkg chicken tenders (baked or grilled & diced)

Pico de gallo

1 TBS sour cream (per serving)

Whole wheat tortillas (1 per person)

1/2 avocado per serving

Cilantro to taste

Lime to taste

Low sodium black beans heated.

Add lime juice & cilantro to taste

4 servings of quinoa or brown rice (1/2 each serving)

Assemble ingredients on tortillas.

Serve with side of beans & quinoa (or add beans to wrap)

Day 4 Meal Plan

BREAKFAST-

PB & banana shakeology
(OR melon and yogurt from DAY2)

1/2 banana, 2 tsp PB

1 scoop choc shakeology, 8oz water
Ice as needed. Blend until creamy



AFTERNOON SNACK-

1 orange, 1/4 cup raw almonds

MORNING SNACK-

1 apple with peanut butter
or almond butter



DINNER-

Steak with Salad and baked sweet potato

(Calories: 345 Protein: 37g Carbs: 20g

fat: 12g Fiber: 3g)

4oz flank steak

1 TBS low sodium soy sauce

1 TBS pepper

1 garlic clove, crushed

Red pepper flakes, optional

3 cups spinach

1 clove garlic, crushed

3 TBS low fat sour cream

2 TBS parmesan cheese

1 medium sweet potato, cut in half



LUNCH-

Egg Salad Wrap

(Calories: 250 Protein: 22g Carbs: 30g

Fat: 7g Fiber: 4g)

2 hard boiled eggs, yolk removed from one

1/4 low fat cottage cheese

1 whole wheat tortilla

1 tsp mustard (or Dijon mustard)

1/2 tsp dried dill or tarragon (optional)

Pepper to taste



Directions: Chop up hard boiled eggs and mix with cottage cheese, mustard, pepper and herbs. Place on tortilla and wrap. Serve with 2 cups mixed greens, sliced tomato, 1 tsp balsamic vinegar and a tad of olive oil. Toss all ingredients (make salad bigger or add an extra egg if trying to add more calories)

DIRECTIONS: marinade the steak an hour before grilling or cooking or overnight in- soy sauce, pepper, garlic and red pepper flakes. Grill steak to desired doneness. For the spinach, cook in a saucepan with 1/2 cup water and a tad olive oil, stirring often. After 3 minutes of simmering, add sour cream, garlic, and parmesan cheese. Cook for another 2 minutes. Serve steak over spinach with sweet potato.

Day 4 Total Calories: 1,202 Total fat: 43g

Protein: 86g Carbs: 135g Fiber: 22g

Total Calories: 1,202 Total fat: 43g Protein: 86g Carbs: 135g Fiber: 22g

BREAKFAST-

PB & banana shakeology OR melon and yogurt from Day 2

1/2 banana

2 tsp PB

1 scoop chocolate shakeology

8oz water

Ice as needed

Blend until creamy

SNACK-

1 apple

1 tbsp peanut butter or almond butter

LUNCH- Egg Salad Wrap

(Calories: 250 Protein: 22g Carbs: 30g Fat: 7g Fiber: 4g)

2 hard boiled eggs, yolk removed from one

1/4 low fat cottage cheese

1 whole wheat tortilla

1 tsp mustard (or Dijon mustard)

1/2 tsp dried dill or tarragon (optional)

Pepper to taste

Directions: chop up hard boiled eggs and mix with cottage cheese, mustard, pepper and herbs. Place on tortilla and wrap.

Serve with 2 cups mixed greens, sliced tomato, 1 tsp balsamic vinegar and a tad of olive oil. Toss all ingredients (make salad bigger or add an extra egg if trying to add more calories)

SNACK-

1 orange

1/4 cup raw almonds

DINNER-

Steak with Salad and baked sweet potato

(Calories: 345 Protein: 37g Carbs: 20g fat: 12g Fiber: 3g)

4oz flank steak

1 TBS low sodium soy sauce

1 TBS pepper

1 garlic clove, crushed

Red pepper flakes, optional

3 cups spinach

1 clove garlic, crushed

3 TBS low fat sour cream

2 TBS parmesan cheese

1 medium sweet potato, cut in half

DIRECTIONS: marinade the steak overnight, or at least an hour before grilling or. Marinate in: soy sauce, pepper, garlic and red pepper flakes. Grill steak to desired doneness.

For the spinach, cook in a saucepan with 1/2 cup water and a tad olive oil, stirring often. After 3 minutes of simmering, add sour cream, garlic, and parmesan cheese. Cook for another 2 minutes.

For the sweet potato, either steam and mash with a bit of milk, or cube and bake in over at 375F for 20-30 min (drizzle olive oil and salt over them prior to baking)

Serve steak over spinach with sweet potato.

Day 5 Meal Plan

BREAKFAST-
Toast with Jam
(or French toast)
& turkey bacon
1 tsp jam
2 slices turkey bacon



MORNING SNACK-
Banana protein smoothie
1/2 banana
1 scoop Shakeology
1/2 cup nonfat milk
1/2 cup water
Ice as needed
Mix in a blender until smooth. If you don't have Shakeology, use a high quality protein powder and add some berries and spinach.



AFTERNOON SNACK-
cottage cheese & veggies
Add some home made ranch to the cottage cheese!
Cucumber
Celery
Carrots
Bell pepper



DINNER-
Rosemary Pork Chop with peas & quinoa (or wild rice or brown rice)
4 oz pieces of lean, boneless pork loin
2 TBS rosemary dry or fresh
1/2 tsp olive oil



1 cup peas
1/2 cup cooked rice (quinoa, or wild rice)
TAD of salt & pepper

Directions: marinate pork in olive oil, rosemary and tad of salt and pepper overnight or at least an hour before cooking.

Broil or grill pork (about 4-5 minutes on each side) or bake it at 375 for 20 minutes, covered with foil.

LUNCH-
Chicken & Humus pita
with small side salad
3 oz broiled chicken (or deli turkey)
1 TBS humus
1/2 cup spinach
2 slices tomato
Cucumber slices
Whole wheat tortilla
Side Salad: mixed greens, 1 carrot, 1 celery, homemade ranch dressing or balsamic vinegar and olive oil.



Day 5 Total Calories: 1,190 Fat: 30g Protein: 102g
Carbs: 132g Fiber:19g

DAY 5 MEALS

Total Calories: 1,190 Fat: 30g Protein: 102g Carbs: 132g Fiber:19g

BREAKFAST-

Toast with Jam (or French toast) & turkey bacon

1 whole wheat toast

1 tsp jam

2 slices turkey bacon

SNACK-

Banana protein smoothie

1/2 banana

1 scoop Shakeology

1/2 cup nonfat milk

1/2 cup water/Ice as needed

Mix in a blender until smooth. If you don't have shakeology, use a high quality protein powder and add some berries and spinach.

LUNCH-

Chicken & Humus pita with small side salad

3 oz broiled chicken (or deli turkey)

1 TBS humus

1/2 cup spinach

2 slices of tomato

Cucumber slices

Whole wheat tortilla

Side Salad: mixed greens, 1 carrot, 1 celery, homemade ranch dressing or balsamic vinegar and olive oil.

SNACK-

cottage cheese & veggies

Add some home made ranch to the cottage cheese!

Cucumber

Celery

Carrots

Bell pepper

DINNER-

Rosemary Pork Chop with peas & quinoa (or wild rice or brown rice)

4 oz pieces of lean, boneless pork loin

2 TBS rosemary (dry or fresh)

1/2 tsp olive oil

1 cup peas

1/2 cup cooked rice (quinoa, or wild rice)

TAD of salt & pepper

Directions: marinate pork in olive oil, rosemary, salt and pepper overnight, or at least an hour before cooking.

Broil or grill pork (about 4-5 minutes on each side) or bake it at 375 for 20 minutes, covered with foil.