



5 DAYS OF

Clean Eating



REV UP YOUR METABOLISM

NEVER GO HUNGRY • EAT THE FOODS YOU LOVE
PLUS DAILY SUPPORT FOR YOUR GOALS

TEAM
GFHM

ONLINE INSPIRATION & MOTIVATION FOR EVERYONE
GOODBYE FAT HELLO MUSCLE

What is ... CLEAN EATING

Clean Eating Principles

Eat 5-6 small meals every day

Eat every 2-3 hours

Combine Lean Protein and Complex Carbs at every meal

Drink at least 8 Cups of Water daily

Avoid processed and refined foods

Avoid saturated and trans fats

Avoid sugar loaded sodas and juices

Consume healthy fats each day

Avoid Alcohol

Eat Fresh Fruits and Vegetables daily

Stick to proper portion sizes

Goodbye Fat Hello Muscle

What are ...

Lean Proteins

Beef Tenderloin

Bison

Chicken Breast

Cod

Egg Whites

Pork Tenderloin

Salmon

Sea Bass

Tofu

Turkey Breast

Water - Packed Tuna

White Fish

What are ...

Complex Carbs.

Beans (kidney, black, garbanzo etc.)

Brown Rice

Wild Rice

Oatmeal

Red Potatoes

Sweet Potato

Yams

Corn on the Cob

Whole Wheat Pasta

Couscous

Ezekiel Bread

Whole Wheat Tortillas

Corn Tortillas

What are ...

Healthy Fats

Almonds

Cashews

Pecans

Peanuts

Pistachios

Pumpkin Seeds

Peanut Butter

Almond Butter

Coconut Oil

Extra Virgin Olive Oil

Avocado



Your Menu

for the next

5

DAYS

ONLINE INSPIRATION & MOTIVATION FOR EVERYONE
GOODBYE FAT HELLO MUSCLE

DAY 1

BREAKFAST:

Shakeology OR Oatmeal with 1tbsp Nuts or Nut Butter. And 4 Egg Whites, Coffee or Tea
16oz. Water

SNACK:

1/2c Fruit & 3oz. Lean Ground Turkey - Cooked

LUNCH:

3-6oz. Chicken Breast, 1/2c Brown Rice or Couscous & 12 Asparagus Spears

SNACK:

1/2C. Veggies with 3 Tbsp. Hummus

DINNER:

3-6oz. Chicken Fajita Meat - See Recipe
2 Corn Tortillas
Salsa
2 Tbsp. Southwest "Sour Cream" - See Recipe
1/2c Brown Rice *Optional

DAY 2

BREAKFAST:

Shakeology OR 2 Egg Whites, 2oz. Ground Turkey - Cooked 3 Tbsp Salsa Coffee or Tea

SNACK:

1/2c Fruit 12 Whole Almonds

LUNCH:

2 Leftover Chicken Fajitas
Salsa
Southwest "Sour Cream"

SNACK:

1c. Popcorn with Spice Salt - See Recipe

DINNER:

3-6oz. Grilled Chicken Breast or Beef Tenderloin
1c. Grilled Vegetables
1/2c. Brown Rice *Optional

DAY 3

BREAKFAST:

Shakeology OR Oatmeal with 1tbsp Nuts or Nut Butter. And 4 Egg Whites, Coffee or Tea

SNACK:

1 Small Apple & 1 Tbsp Peanut Butter or Almond Butter

LUNCH:

3-6oz. Leftover Grilled Chicken Breast or Beef Tenderloin

1c. Grilled Vegetables

1/2c. Brown Rice *Optional

SNACK:

1c. Popcorn with Spice Salt - See Recipe

DINNER:

6oz. Coconut Shrimp - See Recipe

1/2c. Couscous - Cooked

1/2c. Vegetables - Your Choice

DAY 4

BREAKFAST:

Shakeology OR 4 Egg Whites, 2 Slices Ezekiel
Toast with 1 tbsp Peanut Butter, Coffee or Tea

SNACK:

1/2c. Fruit & 3oz. Cooked Chicken Breast

LUNCH:

3oz Sliced Turkey Breast
2 Slices Ezekiel Bread
1 tbsp Light Mayo & 1 Tbsp Dijon Mustard
Lettuce, Tomato, Onion

SNACK:

1/2C. Veggies with 3 Tbsp. Hummus

DINNER:

3oz. Taco Meat - See Recipe
1-2c. Chopped Lettuce
Tomatoes, Onion, Black Olives
1/2c Black Beans
Salsa
2 Tbsp Southwest "Sour Cream"
Mix Together for Taco Salad

DAY 5

BREAKFAST:

Shakeology OR Oatmeal with 1tbsp Nuts or Nut Butter. And 4 Egg Whites, Coffee or Tea

SNACK:

1/2c Fruit & 12 Whole Almonds

LUNCH:

1 small pkg. Water Packed Tuna
2 Tbsp Dijon Mustard & 2 Tbsp Light Mayo
2 Hard Boiled Diced Egg Whites
1/4c Diced Celery

SNACK:

1/2C. Veggies with 3 Tbsp. Hummus

DINNER:

3-6oz. Lean Hamburgers - See Recipe
1/2c. Pineapple Salsa - See Recipe
1/2c Vegetable

RECIPES:

Chicken Fajita Meat

2 lbs. Chicken Breast - sliced 1/4" thick
2 green bell peppers; cut into thin strips
1 red bell pepper; cut into thin strips
1 large yellow onion; cut into thick slices
1 Tbsp. extra virgin olive oil

Marinade:

1 Tbsp. extra virgin olive oil
2 Tbsp. fresh squeezed lemon juice
1 tsp. salt
1 tsp. dried oregano
1 tsp. ground cumin
1 tsp. garlic powder
½ tsp. chili powder
½ tsp. paprika
½ tsp crushed red pepper flakes

Prepare:

Place sliced chicken in zip-loc bag. Pour marinade ingredients over chicken and let sit in refrigerator up to 2 hours.

While chicken is marinating cook peppers and onion in olive oil until soft. Remove from skillet.

Cook chicken on medium heat until no longer pink add in peppers and onions until heated through.

RECIPES:

Southwest "Sour Cream"

1/2c. 0% Greek Yogurt

1 Tbsp Taco

Seasoning

Mix until well combined. Refrigerate for at least 1 hour.

Pineapple Salsa

1c. finely chopped fresh pineapple

1 tbsp. red onion, minced

1/2 jalapeno, minced

1/4c. cilantro, minced

1 tsp. olive oil

salt & pepper to taste

Combine all ingredients and serve.

Popcorn with Spice Salt

1c. Air Popped Popcorn

sprinkle of cayenne

sea salt to taste

1 tbsp. parmesan cheese

Mix well & serve

RECIPES:

Taco Meat / Taco Seasoning

1 tablespoon chili powder
1/4 teaspoon garlic powder
1/4 teaspoon onion powder
1/4 teaspoon crushed red pepper flakes
1/4 teaspoon dried oregano
1/2 teaspoon paprika
1 1/2 teaspoons ground cumin
1 teaspoon sea salt
1 teaspoon black pepper

Prepare

In a small bowl, mix together chili powder, garlic powder, onion powder, red pepper flakes, oregano, paprika, cumin, salt and pepper. Store in an airtight container.

For Taco Meat:

1lb 96-4% Lean Ground Beef
Taco Seasoning Recipe - Above
1/4c. Water

Cook Beef until well done, add seasoning & water. cook until all water is absorbed about 7 mins, serve.

RECIPES:

Coconut Shrimp

1 pound peeled, deveined, tail-off, large shrimp - thawed
1/2 cup dry coconut flakes, no added sugar
1/2 cup whole wheat Panko bread crumbs
1 1/2 teaspoon garlic powder
1 1/2 teaspoon onion powder
2 egg whites
2 teaspoon coconut oil

Prepare

Pat the shrimp dry with a paper towel if they are damp or wet.

In a medium mixing bowl, whisk together the egg whites and the coconut oil.

In a separate medium sized mixing bowl, whisk together the coconut flakes, bread crumbs, garlic and onion powder.

Drop the shrimp in the egg whites and give them a good stir.

Pick them out (I used my hands), allowing them to drip off a bit of the excess and drop them in the dry coconut mixture.

Shake them around until they are coated and then place them individually on a cookie sheet.

Bake at 350 for 20 minutes (no more!). They should be lightly golden brown.

RECIPES:

Lean Hamburgers

1lb. lean ground beef 96-4%
2 Tbsp. low sodium soy sauce
1-2 Tbsp. sriracha - to taste
1 yellow onion - minced
2 egg whites
1/2 c. Oats

Prepare

Combine all ingredients and form into 3-4 patties. grill or pan fry with non-stick spray until cooked through. you can also bake 400 for 40-50 minutes or until burgers are cooked to your particular doneness.

SHOPPING LIST:

You may already have some of these items. check your pantry. :)

Protein

Egg Whites

Lean Ground Turkey

Lean Ground Beef 96-4%

Chicken Breast

Tuna Packed in water

Large Shrimp - Frozen or Fresh

Healthy Fats

Peanut Butter or Almond Butter

Prepared Hummus

Unsalted Whole Almonds

Extra Virgin Olive Oil

Coconut Oil

SHOPPING LIST:

You may already have some of these items. check your pantry. :)

Complex Carbohydrates

Oatmeal

Corn Tortillas

Brown Rice

Couscous

Panko Bread Crumbs

Fruit

Strawberries

Raspberries

Blackberries

Blueberries

Apples

Pineapple

Dairy

0% Plain Greek Yogurt

Fresh grated parmesan cheese

SHOPPING LIST:

You may already have some of these items. check your pantry. :)

Vegetables

Asparagus

Lettuce

Tomato

Black Olives

Celery

Bell Peppers Red & Green

Yellow Onions

Red Onion

Jalapeno

Fresh Cilantro

Spices

Oregano

Cumin

Garlic Powder

Chili Powder

Onion Powder

Paprika

Red Pepper Flakes

Cayenne

Salt

Black Pepper

SHOPPING LIST:

You may already have some of these items. check your pantry. :)

Miscellaneous

Salsa

Sriracha

Light Mayo

Dijon Mustard

Lemon Juice

Dry Coconut Flakes

Low Sodium Soy Sauce

Popcorn Kernels

**Please see the Files section
of our FB group or Ask your
Coach if you have
questions.**