

Basic Eating Guidelines

These guidelines promise to get you onto the playing field of eating clean (and delicious). Remember, change takes time, so take baby steps and make this work for you. The name of the game is to eat real food. Stick to whole, unprocessed foods that are as close to their natural state as possible.

the DO's

COOK

The easiest (and tastiest) way to get Clean&Delicious food into your body is to buy and cook it yourself.

LISTEN TO YOUR BODY

Eat when you are physiologically hungry and stop when you are satiated (so annoying, I know). This can be anywhere between 3-6 meals a day depending on what works for you and your body. Remember, guidelines like these are tools (not rules), make them work for you.

QUALITY

Strive to make the highest quality food choices that are available and affordable.

LOTS OF VEGGIES AND FRUITS

Try to keep things seasonal and local. If you can buy these from your local farmers markets that's awesome.

SUSTAINABLY SOURCED SEAFOOD

I use the Monterey Seafood Guide to help me make the best choices possible.

LOCAL ORGANIC, AND/OR PASTURED MEATS

Including beef, pork, chicken, and lamb.

UNSWEETENED, ORGANIC DAIRY

Milk, yogurt, cottage cheese, and cheese.

100% WHOLE WHEAT + WHOLE GRAINS.

Examples include: oatmeal, quinoa, brown rice,

Ezekiel bread, barley, farro, brown rice pasta, non-gmo popcorn.

ESSENTIAL FATTY ACIDS

Extra virgin olive oil, organic extra virgin coconut oil, coconut butter, chia seeds, flax seeds, raw almonds, raw walnuts, organic-grass fed butter, all natural nut and seed butters.

ALL NATURAL SWEETENERS

Maple syrup, honey, coconut sugar, turbinado sugar, sucanat, and stevia (just to name a few).

the DONT's

AVOID FRANKEN-FOODS

You want to avoid overly processed, refined foods that are nutritionally void and/or have been created in a laboratory.

TRANS FATS AND HYDROGENATED OILS

Avoid fried foods and read your labels for any hidden hydrogenated oils.

REFINED GRAINS

This includes white flour, overly processed cereals, crackers, and bread, etc. that are not labeled 'whole wheat' (beware – many breads will say wheat – we want whole wheat).

ARTIFICIAL SWEETENERS

You know the ones; they are made of chemicals and do not support health or weight loss. If you need a little sweetener, go with the real deal.

REFINED SUGARS

Corn syrup, cane juice, white sugar, brown sugar, etc.

SUGAR LOADED BEVERAGES

Sodas, juices with added sugars, and all energy drinks (unless you are a serious athlete).

LONG INGREDIENT LISTS

When you buy foods' in bags and boxes buy foods with a short list of ingredients that you can recognize and pronounce.

BEING ALL OR NOTHING

Don't tell yourself you'll never eat another donut because it's probably not true. The goal here is not perfection, you simply want to make progress by making better decisions for your awesome self everyday.

DO NOT GET FANATIC

Make the best choices you can at any given time. This is about moving in the direction of. Leave all internal criticisms, judgements, and crazies at the door. This is all a process.