



Example Clean Eating Plan

Food Item	Time	Calories	Carbs	Proteins
½ Cup Oatmeal (Cooked)		166	28	6
1 tsp Splenda				
3 HB / Scrambled Egg Whites		51		18
Hot sauce and pepper to taste				
½ cup 2% cottage cheese		102	4.1	15.5
¼ cup of any fruit		50	10	2
1 stick of low fat cheese stick		110		7
1 Pita Pocket		144	30	5
5oz. Deli Turkey or Chicken		120		28
Lettuce/Tomatoes/Onions/etc				
1 tsp. Mustard				
(Premier Protein) Shake		190	5	36
4oz. Baked Chicken Breast		120	0	28
½ cup Rice or ½ of Potato		108	22	2.5
2 Cups Broccoli / Green Beans		109	22	7
Lemon Pepper/Mrs. Dash				
TOTALS		1,270	121.1 / 38%	155 /48%

- Eat at least 4-5 meals a day / 2.5 to 3 hours apart
- Drink your bodyweight in ounces of water daily
- Limit your snacks (*processed/ dirty food*) to once or twice per week and 1 serving **ONLY**
- Mandate yourself to burn at least **300 calories** in exercise per day (Aids Metabolism/Digestion)