

# Meal Planning Success

## BLUEPRINT

### CLEAN EATING GUIDE

**EAT THIS**

#### PROTEIN

Lean Meats  
Eggs  
Fish  
Bacon (no nitrites/nitrates)

#### AVOID

Processed meats

#### VEGGIES

Fresh  
Frozen  
Canned

#### AVOID

Fried veggies & dips

#### STARCHES

Quinoa  
Brown rice  
Oats  
Fruits  
Vegetables

#### AVOID

Cereals, crackers, chips, pasta

#### FATS

Fish  
Coconut, Avocado & Olive Oil  
Nuts/Seeds

#### AVOID

Vegetable Oils & margarine

#### CONDIMENTS

Homemade Salad Dressings (oil & vinegar)  
Mustards  
Hot Sauces

#### AVOID

Jelly, jam, creamy dressings

### PORTION GUIDE

#### PROTEIN

One Serving  
ladies = 1 palm  
men = 2 palms

#### VEGGIES

One Serving  
1 fist full  
5 servings/day

#### STARCHES

One Serving  
1 cupped hand

#### FATS

One Serving  
1 thumb  
add to each meal

### BREAKFAST

### SHAKES

#### Start with Protein

Whole eggs cooked your way, bacon, meat, poultry

#### Add a Variety of Veggies

Leafy greens, bell peppers, onions, mushrooms, sauerkraut, kimchi, etc.

#### Add Some Flavor

Spices of choice, salsa, hot sauce, etc.

#### Add a Little Extra

Fat: avocado oil, real butter, avocado  
Carbs: sprouted bread, potatoes, oats

#### Healthy Beverages

WATER, coffee (black), tea

#### Start with Protein Powder

Whey, pea, vegan

#### Add a Veggie

Leafy greens, celery, cucumbers, powdered greens, pumpkin puree

#### Add Fruit (optional)

Berries (fresh or frozen, avocado, banana)

#### Add Unsweetened Liquid

Unsweetened nut milk, hemp milk, tea, water, coffee

#### Optional Extras

Nuts, seeds, oats, coconut, cacao nibs, cinnamon