

The Eat Clean Commandments

Food is the big ticket to good health. If you eat garbage, your body will show it. If you eat whole, healthy and fresh foods, your body, skin and soul will glow with health that gives you endless energy. Wondering how to get started with clean eating? Just follow these ten commandments!

1. Eat more! Eat six small meals each day, spaced at 2 ½-3 hour intervals.



2. Eat breakfast every day, within an hour of rising. Your body and brain need energy and fuel to function and the glucose in food will get your energy revved up to face the day! Studies also show that those who eat breakfast eat less throughout the day than those who skip breakfast – a great tip for maintaining a healthy body weight!

3. Avoid white sugar, alcohol & artificial sweeteners.

4. Eat a combination of lean protein & complex carbohydrates at every meal. Examples would be skinless chicken breast and steamed vegetables or scrambled egg whites with grapefruit.



5. Eat sufficient healthy fats every day. These could include olive oil, canola oil & flaxseed oil. Healthy fats can also be found in salmon & avocados.



6. Drink 2 to 3 liters of water each day. Water leads to overall greater health by flushing out wastes and bacteria that can cause disease.

7. Carry a lunch cooler packed with clean foods to work every day. Preparation is key and will help you avoid eating processed foods when hunger strikes.

8. Adhere to proper portion sizes. Focus on quality NOT quantity!

9. Depend on fresh fruits & vegetables for fiber, vitamins, nutrients & enzymes.



10. Eat only foods that have not been overly processed or doused in chemicals, trans-fats and/or toxins.