

The basics of clean eating FREE 7 DAY GUIDE

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Are you constantly tired, lacking energy, feeling bloated, and frustrated because you cannot seem to lose weight regardless of feeling like you are constantly dieting, depriving yourself and counting calories?

What if I told you that there is another way!

I can speak from experience because I was the girl who thought that losing weight and being "healthy" meant that I should eat 100-calorie packs for snacks, whole grain bread vs. white bread, Diet Soda vs. Regular Soda and Skim Milk vs. 2% milk.

In reality I had it all wrong! It's not about the calories, it is about the **QUALITY** of the foods you eat and making sure you pair good foods together in the right portion size so that you are fueling your body with energy to get you through the demands of your day. Counting calories and grams of sugar and carbs are not all that's involved.



Once I learned the clean eating basics it was like someone opened up all new possibilities for me. My energy level soared, my skin became clearer, I was losing weight and I wasn't starving all the time. I felt balanced and I was enjoying actually eating good foods.

So what I am going to do for the next 7 days starting is teach you the basics of getting started with clean eating.

I'll show you what to EAT, when to EAT, how much to eat plus give you a 7-day meal plan for you to follow!

You can do this!



I am going to help you learn how to fuel your body with good foods vs. empty calories.

***If you do not currently have a coach PLEASE create a free account here WITH ME and get 30 days of free access to

<https://www.teambeachbody.com/shop/us/enrollment?referringRepId=1502854>



Let's do this together! I'm here to help you! I am so excited to meet you!

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Welcome to my clean eating guide!

Here is your first task in preparation for our start date.

Think about the following questions:

- At the end of next week if you learned "this" what would it be and would that make you happy?

- What is your biggest obstacle right now?

Now that you've thought about why you're here,
let's dive in to what clean eating actually is.

What are the basics of clean eating?

Clean eating is literally staying away from processed foods like white flour, sugar, prepackaged foods, and artificially flavored foods.

Why has clean eating worked for me?

Because I liked that I could eat every 2 1/2 to 3 hours and I was eating food that kept me full and satisfied.

It is not a starvation diet.

It's eating to fuel your body for energy and not for comfort.

My friend and trainer Bobby said this to me, "There is no such thing as a bad workout, but there is such a thing as a bad diet!"

So true, you can do Zumba, run on the treadmill, take the dog for a walk, do yoga and it's exercise!

But nutrition, you can do that all wrong.

80% of your results come from the foods that you eat.

You cannot out exercise a bad diet. Trust me, I have tried it.

I did 30 days of Turbo and Core De Force and lost 2 lbs. (and the "dread-mill")

I couldn't figure out why I was cardio'ing myself to death for 2 lbs.

Your results are going to come from the food that you're putting into your body.
It's about the quality and not the quantity, the calories, or the facts on the back of the packaging!

Let's get started with a meal plan.
Below you'll find two options to help you prep.

Vegan Meal Planning Option:

<https://www.beachbodyondemand.com/blog/vegan-meal-prep-for-21-day-fix>

Regular Meal Prep Option (no cook):

<https://www.beachbodyondemand.com/blog/21-day-fix-meal-prep-no-cook>

So tomorrow is our first day!

On Sundays I always do my plan and prep.

I really focus on getting my meal plan ready, my grocery shopping done, and I will spend time cutting up my fruits and veggies and I always pin my meal plan on the fridge so that its visible and easy to reference. So today, take an hour and make sure you are prepared for tomorrow. There is nothing worse than scrambling around the kitchen in the morning being late for work and frustrated on day 1!

Day 1 – Portion Control

It's official Day 1 is here!

Let's talk portion control today.

When I started clean eating it was hard, it took extra effort, planning and thought. It took longer to grocery shop and to prep my meals.

So a few things that I did to make my life easier was repeat my breakfast and snacks and cook extra for dinners so I would have lunches.

I always had extra snacks in my car or purse {beachbody bar, apples, almonds, shakeology packets & shaker cups} just in case I get stuck somewhere and its time to eat.

Remember that anything new takes time, its hard and it is worth it!

When you start eating healthier your body functions better, you naturally have more energy and you just feel good! So fight through the initial change and realize that it takes 21 days to break old habits and create new ones! You can do this! You've got this! I'm your wingman!

One day at a time! My food is now a way of life, its healthy portion sizes, spaced every 2 1/2 to 3 hours, cutting out processed foods, and drinking lots of water. I can eat this way no matter where I am at, of course it's challenging because we live in a society (hello, NEW ORLEANS FOOD) that prides itself on convenience, food in a box, and low cost portion controlled diet food!

A serving of protein is the palm of your hand.

A serving of complex carbohydrates such as apples, oranges, and veggies is 2-cupped handfuls and a serving of starchy carbs is the size of 1-cupped handful.

A serving of healthy fats is one scant handful of nuts, or 1 to 2 tbsp. of oil.

If you follow the correct portion sizes you will stay on track and are less likely to over indulge.



Day 2 – it's all about that Water!

If you felt scattered yesterday or you didn't get all your food in that is ok! That's actually pretty normal for the first few weeks of clean eating. Lets face it, it is different and change is hard! But remember that this is the best thing you can do for your body. Today let's talk about water!!! It's very important that you aim to drink 1/2 your body weight in ounces of water each and every day!

1. It is going to help boost metabolism.
2. Give you mental clarity
3. Help you lose weight by shedding toxins.
4. Hunger is often confused by thirst. So if you are hungry and it hasn't been 2 1/2 to 3 hours since your last meal drink a full glass of water and get busy.
5. Don't like drinking water? Add some spice to it, cucumbers, strawberries, oranges, mint, basil; all of these are great ways to get some flavor in your life.
6. Please stop drinking soda today- replace with seltzer water with natural flavors or water. It is actually going to help you lose weight faster if you can cut that out this week. You are truly doing more harm than good by drinking soda with all the artificial sweeteners and sugars in there.

Here are some more tips:

Drink a large glass of warm lemon water when you first wake up before you eat breakfast. Lemon water is a natural detox and it also jump-starts your metabolism in the am.

Tip: Lemons tend to go bad quickly so to get the most out of your lemons, squeeze all of the juice into ice cube trays and then just pop them out and go each morning!

Carry a refillable bottle with water everywhere you go. You can add lime, lemon, cucumber and strawberries to your water to give it flavor.

NO SODA OR JUICE! I'm telling you that it's

full of empty calories and you are not going to lose the weight if you drink soda or juice!

Just WATER!

Drink water 30 minutes before every meal. Like I said before, sometimes hunger is disguised as thirst. Water will not only ease the hunger temporarily, it will also help you reduce the amount you eat at each meal. Drink water instead of sodas, fruit juices, and sugary drinks during meals and you won't be adding empty calories.

Drink two to three liters of water each day. I make this a **MUST!** If you want to lose weight then you must drink a lot of water each and everyday. If you do not drink enough water your body actually holds onto water weight. Drinking water speeds up your metabolism and helps you lose weight.

So- today can you commit to drinking your daily amount?

REMEMBER you can do this! You can be successful, it takes time and you won't always be perfect but you have got this!



*Perfect
for over
the age
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It's here now!

Day 3 – Pantry Raid

It's time to look at your ingredients! Are you paying attention to the actual ingredients in your food? Or are you trusting that the packaging on the outside is truthful? I'm going to be honest with you – the quality of your food is more important than what the label on the outside reads. I grew up when Weight Watchers was big, when low fat and fat free were the only way to go, when the Smart One's frozen meals were a staple in houses and when 100 calorie packs were the snack of choice and you could have Diet Pepsi or Diet Coke or Coke Zero over regular Soda.

Nutrition education was not a part of my lifestyle. I feel like a lot of people are frustrated with their weight loss results because they don't realize that 1) it's a lifestyle change, not a fad diet and 2) you can't put crap into your body!!! It's like going to the gas tank and putting low-grade fuel into your high performance car, you're not going to get the best results!

Now let's talk about some kitchen organization tips that will make your success that much easier.

1. Open bags lead to saddlebags. Repackage bulk snacks-say, raw almonds into baggies of 14 almonds. When you come home from food shopping take the time to divvy up food by serving sizes. Use plastic bags or storage containers to organize your food into the right portions. For example, a portion size of pretzel sticks is 10. Put 10 in a little bag and put them in the pantry at eye level. This makes it simple for grab and go snacking!!!

2. So now let's talk about placement!!! You can do this too with the same techniques in your pantry or fridge. When we stand in front of the fridge, we tend to grab whatever food takes the least amount of time to prepare and that "looks good." The healthy stuff, like fresh produce, we hid in the drawer that's difficult to get to and even easier to forget! So when you get home I suggest that you unload your groceries, clean and display your fruit in clear plastic containers or bowls. Place berries and raw veggies at eye level. You can even buy pre cut veggies if you don't have time!!! Arrange your greek yogurt near the berries and veggies. Store cottage cheese nearby as well. Place healthy whole foods at eye level near the front of the shelf.

3. Replace this with that. Look in your refrigerator for regular staples. Now, do some soul searching and ask yourself if you're willing to try a healthier alternative. Do you make the kids PB&J every week? Would they notice if you picked up jelly that doesn't have added sweeteners? If you don't say anything...probably not! I love cheese but instead of buying a brick of it you can stock up on individually packaged string cheese! They are portion controlled and appropriately sized. I don't have the time to look at the packaging to figure out how many ounces is a single serving. Now that you have the resources and tools you need, it's time to revamp your fridge, pantry and kitchen!

Remove high fat, high sugar temptations. Swap in lower fat and reduced calorie alternatives to your most frequently consumed foods. Stock up on small bags and containers for better portion control and grab and go snacking. It will make your life so much easier!!

Day 4 - Healthy Snacks

So remember that the goal is to eat 5-6 small meals a day today. You want to make sure that you are **not skipping meals**, not eating too big of portions but really hitting right down the middle of the road.

Here are some great options for snacks that pair your foods together so that you stay full longer.

Keep it super basic!

It's not about being complex but just ***really focusing on making sure that you are planning ahead of time.***

- Apple and 14 raw unsalted almonds
- 1 cheese stick and 1 cup of peppers
- 2 tbsp. of hummus and carrots/celery/peppers
- 1 cup of plain greek yogurt (not vanilla) drizzle of honey, 1/2 c of strawberries or blueberries.
- 1 plain unsalted rice cake with almond butter and a few raisins on top.
- 1 banana with 1 tbsp. almond butter wrapped in a whole grain tortilla
- guacamole and fresh veggies
- hard-boiled eggs and some veggies

Day 5 – Eating Out

I can tell you honestly that I do eat out but I actually avoid it when I am trying to be very on point with my nutrition. WHY? Well the honest truth is that even the healthiest sounding things on the menu really are not that healthy. I have learned this through trial and error.

I have the app MyFITNESSPAL and you can find most nutritional facts on popular restaurants. I am always amazed at how many grams of fat, sodium, and carbs a grilled chicken salad can have! It's never as healthy as what we can make at home. Restaurants add extra oil, butter, and ingredients to beef up the flavor. Even steamed green beans are smothered in butter! Your sweet potato comes with loads of butter and brown sugar. Your steak has a glob of butter on top and your salad is covered in creamy dressings. It's like a trap every time you go out to eat and it becomes a mental battle. I totally get it, it was hard for me at first to eat out. But it can be done but you have to be willing to speak up and ask how the food is prepared and then ask them to leave off certain things! Its not rude at all, and if someone questions all the changes to the menu just tell them you have food sensitivities! But here are my tips to help you with eating out.

What do you struggle with when eating out?

Do you have any dates planned where you KNOW you are eating at a restaurant?

Day 6 – Weekend Tips

Ok so the biggest obstacle that I always see is that people do great Monday through Friday and then the weekend comes and they completely undo all their hard work. The biggest piece of advice I can give is to treat the weekend like a weekday!

Create structure and routine where you feel that there isn't any! The one thing I do on the weekends is get up and get my workout out of the way before the craziness of the weekend hits. Once everyone else in the house is up, my agenda no longer matters and it is easier to make excuses. The weekends are definitely the hardest. But that doesn't mean that it's impossible by any means. What it means is that you just have to think ahead and anticipate any obstacle that could happen. A few things: If you are going to be gone all day Saturday make sure to pack a cooler of healthy snacks and foods. Things that travel well are apples, almonds, quest bars, shakeology, veggies and those little individual servings of hummus cups, water. You can totally stay on track by taking your own dressing to restaurants, asking for grilled chicken, no cheese and croutons. Always pack extra because you always end up getting caught out somewhere and you don't want to be stranded and ravenous.

DON'T feel guilty for passing up on the unhealthy options.

Don't eat something just because you don't want to ask for it to be prepared a different way.

Trust me no one really cares what you eat! If they say anything it is because they don't want to be THE ONLY ONE making unhealthy choices! #truth

So today I challenge you to plan ahead! If you are going to dinner with family at their house, ask what they are making. Offer to bring a healthy side dish. I always ask my family to make me grilled chicken with some spices! Baked sweet potato and veggies no butter! Trust me, your family and friends quickly adapt and they don't mind! So, let's have a great weekend and let's really stay focused. You can actually ruin all your progress in one weekend if you have the mindset that you did great Monday through Friday and now it's time to relax because you deserve it! NOPE what you deserve is to have a good weekend because you want the results come Monday!



Day 7 – What's Next?

Now that the 7 days is over and you've learned the basics of clean eating, you're just scratching the surface of healthy nutrition!!

The next thing I want you to do is take some time and sit down and think about what week 2 will look like. You downloaded this guide because you wanted to make a change in your eating habits. This isn't just a one week thing – this is a huge step towards better health and fitness. I want you to sit down and write out a super basic eating plan for the next week. What do you need to buy at the store? What obstacles do you have this week? What do you need to eat this week to stay on track? For me, I started clean eating with the very basics. Try one new recipe a week. Double it so that you have leftovers to have for lunch the next day. Don't try anything too complicated until you feel totally comfortable with what you're doing. Replicate what we did last week and try it again! If this free guide has inspired you to take the next step in your fitness journey, [check out my website](#) & [join my support and accountability group](#)!

Let's also make sure we are connected on [FaceBook](#) and Instagram!