

Kendall
MACKINTOSH

Kendall's
Clean Eating 101

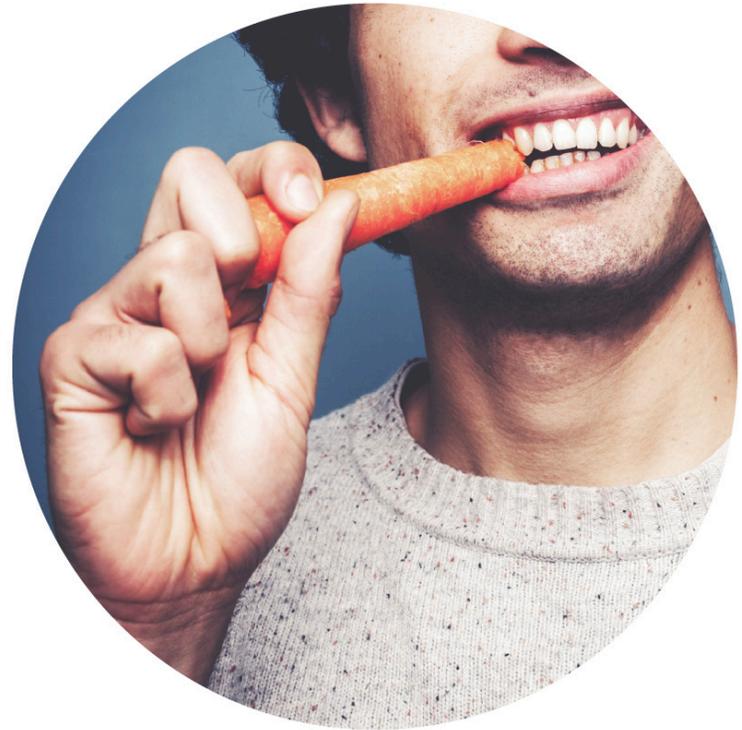




Kendall
MACKINTOSH

The basis of clean eating is consuming primarily whole, unprocessed food. The official “Clean Eating” movement started in the 1960s when processed food was banned for moral reasons, not health reasons. The movement has evolved, and clean eating is now very individualistic – it means different things to different people. However, all followers of this approach agree that processed foods are not included. Eating clean revolves around maintaining a balanced and personalized diet of fresh, unprocessed food including fruits, vegetables, grains, some meats and fish, healthy fats, and some dairy.

So what's the point of eating clean? Besides the moral and mental boost the words evoke, many advocates are seeking clearer skin, weight loss, increased energy, stronger hair and nails, improved mental health, and better sleep. Rather than simply going on diets, these individuals are often making sustainable lifestyle shifts when they choose to eat clean.



THE BASIC PRINCIPLES OF EATING CLEAN

1. KEEP IT WHOLE

Stick to whole foods – this means foods that occur in nature and don't go through a lab or other manufacturing unit. Examples include fresh fruits and vegetables, grass-fed and free-range meats, dairy, whole grains, nuts, and seeds.



THE BASIC PRINCIPLES OF EATING CLEAN

2. GET IN THE KITCHEN

When you cook for yourself, you're almost guaranteed to up the nutritional value of your food. Restaurant food is more processed, less fresh, and often over-seasoned. Keep it simple and then build your repertoire as you learn more.



THE BASIC PRINCIPLES OF EATING CLEAN

3. ELIMINATE REFINED SUGAR AND CARBOHYDRATES

You want to remove white foods (like white sugar and white flour) from your diet if you're aiming to eat clean. This includes all standard desserts containing white sugar as well as white pasta, rice, bread, and pastries. repertoire as you learn more.



THE BASIC PRINCIPLES OF EATING CLEAN

4. MAINTAIN BLOOD SUGAR

Keeping your blood sugar stable greatly contributes to healthy food choices. When you wait too long between meals or eat processed foods that spike blood sugar –leading to a crash in energy – you’re more likely to reach for sugar, fat, or caffeine to keep your energy up. If you continue this cycle, you’ll always feel irritable and exhausted. If you ensure you eat whole foods every 3 - 4 hours, your blood sugar and mentality will remain stable.



THE BASIC PRINCIPLES OF EATING CLEAN

5. REMEMBER THE MAGIC COMBINATION OF PROTEIN, FAT, AND COMPLEX CARBOHYDRATES

You should aim to get a serving from each group at every meal. This will create optimal blood sugar levels and stave off your cravings and brain fog. Some examples of great protein sources include grass-fed meat, fish, tempeh, and tofu. Top-notch fat options are avocado, olive oil, nuts, and seeds. When reaching for complex carbs, try quinoa, brown rice, or sweet potatoes.





The clean eating approach emphasizes quality over quantity – not all calories are equal. When you stick to whole foods, you’re much more likely to keep your caloric intake at an appropriate level for your body and maintain a healthy weight as a result. It’s easy to eat your way through an entire bag of potato chips, but more than one or two apples would be laborious – see the difference?



Whole foods actually fill you up and fuel you, whereas empty calories – like those found in candy and chips – fill a mental craving but don't physically fill you up. Your mindset will improve when you switch over to whole foods since it's hard to feel guilty after filling up on genuine nutrients. Whole foods also regulate cholesterol levels and ward off cancer, dementia, and a plethora of other conditions. In addition, the high fiber content of fruits, vegetables, and grains keeps the digestive system in tip-top shape, which is essential to optimal health.



Eating whole foods ensures you get adequate amounts of essential nutrients and minerals like vitamin B12, magnesium, calcium, and more. Whole foods boast incredible nutrition profiles, and it's best to eat a wide range of all the recommended foods to ensure any nutritional void is filled. Sure, you could pop vitamins in pill form all day, but nutrients are much more available to you – and more readily absorbed – when consumed through food.



The way you do one thing is the way you do everything. If you take care of yourself by feeding yourself beautiful food, you're much more likely to engage in self-care such as exercise, meditation, baths, massages, and other techniques that make your life rich and vibrant. When you feel great, you're able to move through your days with joy and ease, creating and nurturing supportive relationships and a career you love.

Eating cleaner is probably a principle that everyone could employ in some sense. How you define it personally is up to you as a bio-individual.

Please note that this handout serves as an overview of clean eating in a broad sense. It can mean many different things depending on your eating style and goals. For example, clean eating will vary for vegans versus followers of the Paleo approach, and some may choose to remove coffee while others consider organic coffee to be clean.

CLEAN GROCERY LIST

The more organic items, the better! However, if organic isn't readily available, choosing conventional is still a better choice than processed, junk food options.

Vegetables

- Kale
- Broccoli
- Spinach
- Romaine lettuce
- Zucchini
- Peppers
- Carrots
- Squash
- Sweet potatoes
- Onions
- Garlic

Fruit

- Berries
- Bananas
- Apples
- Pears
- Avocado
- Oranges
- Grapefruit
- Lemons

Grains

- Quinoa
- Brown rice
- Millet
- Barley
- Oatmeal
- Whole grain bread
- Brown rice tortilla wraps
- Whole grain/gluten-free tortilla chips

Beans

- Black beans
- Chickpeas
- White beans
- Lentils
- Hummus

CLEAN GROCERY LIST

Herbs and Spices

Salt
Pepper
Chili flakes
Cumin
Cardamom
Cinnamon
Basil
Oregano
Parsley
Thyme

Protein

Eggs
Salmon
White fish
Chicken breast
Turkey
Beef
Tempeh
Tofu

Condiments

Balsamic vinegar
Apple cider vinegar
Salsa
Hot sauce
Soy sauce or tamari
Raw honey
Pure maple syrup
Raw stevia

Nuts and Oils

Almonds
Cashews
Nut butter
Chia seeds
Flax seeds
Coconut oil

3-DAY CLEAN SAMPLE MENU

Breakfast

Oatmeal with fresh fruit, chia seeds,
and pure maple syrup
Tea or coffee

Lunch

Brown rice salad with spinach, grilled
tofu, olive oil, apple cider vinegar, sea
salt, and basil
1 oz dark chocolate
Water with lemon

Snack

Whole grain bread with nut butter
and sliced banana
Fresh green juice

Dinner

Grilled salmon, medium baked sweet
potato with coconut oil and sea salt,
sautéed kale with onions and garlic
1 glass red wine



Breakfast

Poached eggs over whole grain
toast with sliced avocado and tomato,
sea salt, and olive oil
Tea or coffee

Lunch

Turkey wrap with hummus, cucumbers,
lettuce, and hot sauce
Apple
Water with lemon

Snack

Tortilla chips with salsa

Dinner

Grilled grass-fed steak,
peppers, and onions with
massaged kale salad
1 oz dark chocolate



Breakfast

Clean waffles with fresh fruit,
nut butter, and pure maple syrup
Tea or coffee

Lunch

Spinach salad with grilled shrimp,
quinoa, red onion, sliced almonds,
olive oil, and vinegar
Water with lemon

Snack

Whole grain toast with nut
butter and raw honey

Dinner

Grilled chicken marinated in
herbs and balsamic vinegar,
lentils sautéed with spinach,
onions, and garlic
1 glass red wine



SOURCES

Seven Principles of Clean Eating <http://geti.in/1jPXrvJ>

The “Clean Eating” Diet: What’s It All About? <http://geti.in/1qllSQ8>

Eating Clean for Dummies <http://geti.in/1sAmmnf>

Kendall
MACKINTOSH

KendallMackintosh.com

kendall@kendallmackintosh.com

240.674.7187