

It's time for your H.i.i.T challenge



Are you ready to push yourself ?

clean eating

Eating clean can sometimes be a chore. When you are only used to the endless, processed foods at the supermarket, sometimes you must question, so what is “clean” anyway? First of all, clean eating is not a diet-it’s a lifestyle. You are either in it to change your ways or you shouldn’t do it at all. Everyone has their own personal idea of what’s considered “clean eating,” especially since there is NO clear definition of what “clean” is. However, I would have to imagine that everyone would agree to some extent that the general definition would be: the elimination of processed, extra additives, chemicals, and refined foods in one’s daily diet. Instead, you are choosing to eat foods in their simplest or “whole” state. The easiest way to start eating clean is to prepare your own meals at home. Yes, this means you have to start learning how to cook! This way, you know exactly what ingredients you are eating and the amount of calories you are consuming. Confused about what to buy or what to eat? You’re in luck! Included is a specific meal plan with specific foods for each day & meal. However, you may use the plan as a guide to making your own dishes-since this plan is not a “one size fits all.” Not everyone likes chicken. Not everyone eats meat. Not everyone likes fish. ETC.



SOME BENEFITS TO EATING A
CLEAN DIET ARE:
FAT LOSS INCREASED ENERGY AND
STAMINA
DECREASED HEALTH PROBLEMS
BETTER SLEEP
IMPROVED MENTAL WELL-BEING
IMPROVED SKIN ...

& THE LIST GOES ON!

so I should eat...

VEGGIES • CUCUMBERS • SQUASH • CARROTS • GARLIC • ZUCCHINI • OKRA • BROCCOLI • BELL PEPPERS • TOMATOES • RADISHES • TURNIPS • RUTABAGAS • RHUBARB • ONIONS • SWEET POTATO • PUMPKIN • AVOCADO • EGGPLANT • CAULIFLOWER • ARTICHOKE • KALE • COLLARD GREENS • SPINACH • ARUGULA • BEET GREENS • SWISS CHARD • TURNIP GREENS • LETTUCE • CABBAGE • LEEK • BRUSSELS SPROUTS • ASPARAGUS • CELERY LIQUIDS • WATER • COFFEE (BLACK) • PROTEIN SHAKE FRUITS • APPLE • BANANA • ORANGE • STRAWBERRY • BLUEBERRY • GRAPEFRUIT • DATE • FIGS • BLACKBERRY • RASPBERRY • TANGERINE • HONEYDEW • CANTALOUPE • PAPAYA • PEAR • CHERRY • MANGO • GUAVA • TOMATO NUTS & SEEDS • WALNUTS • CASH-EWS • ALMONDS • SUNFLOWER SEEDS • PUMPKIN SEEDS • FLAX SEEDS • MACADAMIA NUT • HEMP SEEDS • PEANUTS • SESAME SEEDS • PISTACHIOS • PINE NUTS • NATURAL ALMOND OR PEANUT BUTTER FLOURS • SPELT FLOUR • WHEAT FLOUR • OAT FLOUR • ALMOND FLOUR • CHICKPEA FLOUR • RICE FLOUR • QUINOA FLOUR
CONDIMENTS • RAW MAPLE SYRUP • RAW HONEY • STEVIA • OLIVE OIL • BALSAMIC VINAIGRETTE • SUNFLOWER OIL • COCONUT OIL • AVOCADO OIL • OLIVE OIL GRAINS & LEGUMES •
RICE • OATS • QUINOA • LENTILS • WHEAT BREAD • VARIOUS BEANS • CHICKPEAS • GREEN PEAS • WHEAT TORTILLAS • WHEAT ENGLISH MUFFINS PROTEIN • TURKEY TENDERLOIN • PORK TENDERLOIN/CHOPS • SALMON • COD • TILAPIA • TUNA • LEAN STEAK • SKINLESS CHICKEN • TURKEY BACON • EXTRA LEAN GROUND TURKEY • TOFU • HUMMUS • TEMPEH • GROUPER • EGG WHITES • TURKEY • SCALLOPS • SHELLFISH DAIRY • UNSWEETENED ALMOND MILK • RICE MILK • COCONUT MILK • GREEK YOGURT • COTTAGE CHEESE • STRING CHEESE • GOAT CHEESE • LOW-FAT CHEESE

BROWN

AND GET RID OF... Processed food
SODA
JUICE
WHITE SUGAR
WHITE PASTA
FAST FOOD | ALCOHOL | COOKIES
DONUTS | PASTRIES | CHIPS



The Plan

MUFFIN TIN TACOS

- 1 package Wonton Wrappers
- 1 lb. Ground Beef
- 3 tbsp Chili Powder
- 1/2 tbsp Garlic Powder
- 1/2 tsp Onion Powder
- 1/2 tbsp Paprika
- 2 tbsp Cumin
- Shredded Lettuce, Shredded Cheddar Cheese, Chopped Tomatoes (optional)

Directions 1. In a skillet heated over Medium, brown ground beef. Drain. 2. Add in seasonings and mix well. Set aside. 3. Preheat oven to 350 degrees, 4. Place two wonton wrappers in each tin cup of the muffin pan. (It is okay for the corners to point upward) 5. Spoon ground beef mixture into each cup. 6. Bake for 15 minutes until corners of the wonton wrappers are golden brown. Remove from oven. 7. Top with your favorite toppings (plain Greek yogurt is a great alternative to sour cream !)

7:00 am BREAKFAST

2 slices of Turkey Bacon with 1/2 cup oatmeal seasoned with Cinnamon and Stevia

10:00 am SNACK

Fruit smoothie (1/2 banana, 4 strawberries, 1 cup almond milk, ice)

12:00 pm LUNCH

Grilled chicken salad, with 2 tbsp light balsamic vinaigrette, topped with unlimited veggies

3:00 pm SNACK

1 apple, with 2 tbsp of peanut or almond butter

5:00 pm DINNER

Muffin tin tacos (see recipe)

8:00 pm SNACK Protein shake

Day

7:00 am BREAKFAST

1/2 grapefruit with 1 cup Greek yogurt and one piece of Ezekiel toast

10:00 am SNACK

Handful (20) of almonds with 1 fruit

12:00 pm LUNCH

6 oz sirloin with brown rice and asparagus

3:00 pm SNACK

1.5 cups of natural air-popped popcorn

5:00 pm DINNER

Black bean burgers (see recipe)

8:00 pm SNACK Protein shake



BLACK BEAN BURGERS

- 1 (15oz) can Black Beans
- 2 tbsp organic seasoning spice (Costco)
- 1 egg, Beaten
- 1/2 Onion, Diced
- 2 Jalapeños, Diced
- 1/2 cup Oats
- 2 tbsp Chili Powder
- 3 tbsp Sriracha Sauce (optional if you like spice)
- 3 tbsp Water

Directions 1. Preheat oven to 350 degrees F (175 degrees C). Grease a baking sheet. 2. Mash black beans in a bowl; add onion, garlic, jalapeños. Mix. Set aside. 3. Whisk water, sriracha sauce, , chili powder & organic spice together in a separate small bowl. 4. Mix oats & egg into the black bean mixture. Combine with the seasoning mixture. 5. Spoon 'burger-sized' mounds of batter onto the prepared baking sheet, about a 3/4-inch thickness per mound. Shape into burgers. 6. Bake in the preheated oven until cooked in the center and crisp in the outside, about 10 minutes on each side. 7. Enjoy bunless or you can use lettuce leaves for a Paleo "bun." My favorite buns are the Ezekiel bread brand!



Day 3

BLUEBERRY PROTEIN MUFFINS

- 2 cups Unsweetened Apple Sauce
- 1 tsp Vanilla Extract
- 2 scoops Vanilla Protein Powder
- 1 cup Blueberries
- 3 cups Rolled Oats
- 2 tbsp melted Coconut Oil

Directions 1. Preheat oven to 350 degrees 2. In large bowl mix together the applesauce, vanilla, and protein powder. 3. Once all mixed fold in the blueberries, rolled oats, & melted coconut oil. 4. Place mixture in muffin tin and bake for 30- 35min or until golden brown. 5. Let cool and serve

7:00 am BREAKFAST

Blueberry protein muffins (see recipe)

10:00 am SNACK

2 tbsp cottage cheese with a handful of strawberries

12:00 pm LUNCH

1 salmon fillet with brown rice and half an avocado

3:00 pm SNACK

2 pieces of turkey bacon

5:00 pm DINNER

grilled chicken breast with 1 sweet potato and 1 cup of broccoli

8:00 pm SNACK Protein shake



Day 4

GRILLED SPICY SHRIMP TACOS

- 1 lb. Peeled & De-veined shrimp
- 1 tsp Cumin
- 1 tsp Cayenne Pepper
- 1 Lime Juiced
- 2 tbsp Olive Oil
- 6 Whole Wheat Tortillas (Ezekiel or red cabbage as tortilla)
- 1 Head Lettuce; Chopped
- Misc toppings of your choice
- Salt/Pepper to taste

Directions 1. Combine olive oil, lime juice, peel, cayenne, and cumin in small bowl. Thread shrimp onto skewers; season with salt and pepper. 2. Brush shrimp with lime mixture. 3. Grill until shrimp are cooked through, about 3 minutes per side, brushing occasionally with lime mixture. 4. Roughly chop shrimp. 5. Top each tortilla with shrimp, lettuce and any other toppings you would like.

7:00 am BREAKFAST

2 slices of turkey bacon with 1/2 cup oatmeal seasoned with cinnamon and Stevia

10:00 am SNACK

2 boiled eggs with a handful of almonds

12:00 pm LUNCH

Grilled chicken salad with 2 tbsp light balsamic vinaigrette, topped with unlimited veggies

3:00 pm SNACK

apple with 2 oz of low-fat cheddar cheese

5:00 pm DINNER

Grilled spicy shrimp tacos (see recipe)

8:00 pm SNACK

2tbsp of yogurt with a half a scoop of protein

Day 5

7:00 am BREAKFAST

2 Turkey & egg cups with one piece of toast (see recipe)

10:00 am SNACK

2 boiled eggs with a handful of almonds

12:00 pm LUNCH

1 fillet of tilapia with brown rice and half an avocado

3:00 pm SNACK

2 tbsp hummus with baby carrots

5:00 pm DINNER

Zesty turkey meatball with brown rice and veggies (see recipe)

8:00 pm SNACK

Protein shake

Turkey & EGG CUPS

- 6 whole eggs
- 6 slices Turkey meat—low sodium deli goat cheese optional :)
- Salt/Pepper to taste

Directions 1. Grease muffin tin. 2. Place one piece of meat in each tin. 3. Crack one egg into each spot slice. 4. Sprinkle salt/pepper to taste. Add a little cheese ,optional 5. Bake at 350 degrees until eggs are cooked to your liking. (I like mine all the way baked so it usually takes 15 minutes)

SKINNY ZESTY TURKEY MEATBALLS

- 1 lb Lean Ground Turkey
- 1 egg • 2/3 cup Oats
- 1 tbsp Italian spice Mix
- Salt/Pepper to Taste

Directions 1. Preheat the oven to 400 degrees. 2. Combine all the ingredients together; stir well in a bowl. 3. Form around 20 balls out of the mixture. Put them on a broiler pan. 4. Bake around 15 minutes or until a cut meatball shows no pink inside.





Day 6

TURKEY CHILI

- 1 cup Dry Black Beans
- 1 cup Dry Pinto Beans
- 1 cup Dry Kidney Beans
- 1 cup Water
- 2 lb. Lean Ground Turkey
- 1 Yellow Onion, Chopped
- 3 large Tomatoes, Crushed
- 1/2 cup Green Bell Pepper, Chopped
- 2 Garlic Cloves, Minced
- 2 tbsp Chili Powder
- 2 tbsp Ground Cumin
- Salt/Pepper to taste

Directions 1. Soak the beans in a large pot overnight. Drain and place into the Crockpot. 2. Brown ground turkey in a skillet. Drain and place into the Crockpot. 3. Dump the rest of the ingredients in and stir. 4. Cook on high for 4 hours, stirring every hour. 5. Salt/pepper to taste.

7:00 am BREAKFAST

1/2 grapefruit with 2 boiled eggs

10:00 am SNACK

Fruit smoothie (1/2 banana, 4 strawberries, 1 cup almond milk, 1 scoop of greens , ice)

12:00 pm LUNCH

1 grilled chicken breast with 1 sweet potato and 1 cup of broccoli

3:00 pm SNACK

2 boiled eggs and a handful of almonds

5:00 pm DINNER

Turkey chili (see recipe)

8:00 pm SNACK

1 piece of cheese and a handful of almonds

Day



7:00 am BREAKFAST

2 slices of turkey bacon, with 1/2 cup oatmeal seasoned with cinnamon and stevia

10:00 am SNACK

2 boiled eggs with a handful of almonds

12:00 pm LUNCH

1 salmon fillet with brown rice, and half an avocado

3:00 pm SNACK

1 apple with 2 tbsp of peanut butter or almond butter

5:00 pm DINNER

Lean meatloaf (see recipe)

8:00 pm SNACK

2 tbsp cottage cheese with a handful of strawberries

LEAN MEATLOAF

- 2 lbs Lean Ground Beef (I use 1/2 ground turkey)
- 1 cup Oats
- 2 Eggs
- 1/2 Small Onion, Diced
- 1/2 red Bell Pepper, Diced
- 2 tbsp. Worcestershire Sauce
- 1 tsp. Garlic Powder
- Salt/Pepper to Taste

Directions 1. In a large bowl, mix together the ground round, eggs, and oats with an electric mixer or your hands (We love doing everything by hand!).

2. Next, add in the veggies, Worcestershire sauce, and seasonings. Mix well. 3. Form into a loaf . 4. Bake at 350 degrees when ready to cook.

I top with tomato paste and stevia (for those who are old scholl ketchup lovers !!

H.i.i.T challenge | 7 day eating clean

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