



Welcome to DAY 1 of the Clean Eating Challenge! I am SO thankful you are here with me! As a Nutritionist and Clean Eating Coach, I know how difficult it can be to start eating healthier and cleaner. I hope this week will show you just how simple and amazing Clean Eating really is!

Today I want to go over a few Clean Eating ground rules. Remember that Clean Eating is the umbrella that covers most healthy eating types. So no matter if you are paleo, vegan, vegetarian, gluten free, grain free, pescetarian, etc. Clean Eating is the glue that holds all of these eating habits together!

Let's get started!

Eat a lot of whole, fresh foods

Fresh food, such as fruits and veggies, are full of the nutrients and fiber. These things fuel your body and allows you to live life at your optimal health!

Choose whole grains

Ditch the white rice and white bread, both of which have been stripped of their fiber and nutrients, and replace them with whole grains such as brown rice and sprouted bread.

Keep it simple

I have been known to make some pretty elaborate dishes. But I don't typically eat these on a regular basis! Stick to recipes with five ingredients or less because this will help simplify EVERYTHING!

Could I make this myself?

When looking at pre-made items from the store, always look at the ingredient list. Ask yourself: do I recognize all the ingredients? Could I purchase all of these ingredients and make this myself? If the answer is no, then I suggest putting it back and finding another option.

Meal Prepping

Take the time to PREPARE and PLAN! Chop your veggies, cook off your protein and pre-portion snacks and meals. When you take the time to plan out your meals, you will be much more successful in your Clean Eating lifestyle!

Keep a Healthy Supply

When you have healthy choices around, you will eat healthy choices. Start swapping out your unhealthy pantry items for healthy ones so that you have a variety of options when hunger hits.

Always Drink Water

Drinking water will help hydrate you and help with headaches and cravings. Aim to drink AT LEAST 64 ounces of pure water each day.

Eat Consciously

Be mindful about what you are eating. Ask yourself these questions: Do I NEED this right now? Is this going to fuel my body? What will I feel like after I eat this?

Dine in

When you cook at home you know exactly what is going into your meals. This will ensure you are eating fresh, clean foods.

Pretty simple, right?!

If you are at all feeling overwhelmed or confused, please know that this is EXACTLY why I created this free program and group! Head on over to the board and ask any and all questions that you may have!

Today's Workbook Assignment

Finding your WHY

When you decide to start eating healthier, in order to stay on that path you must **FIND YOUR WHY!** Why do you want to be healthier? Why do you want to lose weight? Take a few minutes to really dive deep inside and find that burning desire! Take out a pen and your notebook and list all the reason WHY you want to live a healthier life!

Healthy Eating! *Tasha Kaye* – The Clean Eating Mama
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