



## *Caloric intake:*

This meal plan contains approximately 1400-1500 calories. If you are eating healthy calories there should be no reason to drop below 1400 calories. I am NOT a fan of living off of only 1200 calories (as so many diet plans suggest) because your body is searching for calories and tends to hold weight. Why? Because your body thinks it is going into starvation mode. Trust me with this! As long as you are eating healthy, mostly plant based foods, you should be consuming no less than 1400 calories per day. Never, ever starve yourself!

## *Protein sources:*

(If possible, please try to purchase Organic proteins) Chicken (fresh NEVER frozen since they inject additives into frozen), lean turkey, extra lean beef, wild caught fish, organic eggs & egg whites, organic tofu & tempeh, beans and lentils.

*How to prepare your proteins:* Your protein should be boiled, grilled, baked or steamed with as little salt as possible. Salt can make you retain water and it's important to start limiting your salt in your daily life as we can consume SO much of it when we go to restaurants or buy pre-made foods.

## *Healthy fats:*

Healthy fats are ESSENTIAL for optimal health. Fat does NOT make you fat! Extra virgin olive oil, coconut oil, nuts & seeds (hazelnuts, almonds, cashews, walnuts, natural nut butter, chia, sunflower & flax seeds, etc.) avocado.

## *Healthy carbs:*

Healthy carbs should be eaten daily since this is what fuels us! Stay away from processed breads and pastas and stick to the natural items. Vegetable, fruits, beans & lentils and whole grains which we will use as our healthy carb source since we've already listed our fruits, veggies and beans in the food options above (brown rice, yams, quinoa, oats, whole wheat pasta, barley, bulgur, etc.)

## *What to drink:*

Water, tea & black coffee. If you cannot go without flavored coffee, limit it to one cup a day using stevia and only a little bit of plain creamer or non-dairy milk. Drink a glass of lemon water first thing in the morning, too. And be sure to keep your water bottle full all day long!

## *Eating intervals BUT eat when you are hungry:*

Eating 5-6 meals a day will rev-up our metabolism and provides your body with a steady flow of energy throughout the day. But remember that if you are not hungry then you don't need to eat. Just make sure you have healthy options for when you do get hungry. Some days I am hungrier than others – and this varies due to exercise, life craziness, daily schedule, etc.

## *What to expect:*

If you follow this plan for 7 days, you will experience a whole new perspective on your eating! Clarity, less brain fog and fat loss! Expect to lose a few pounds of water weight during the first week. Make sure you are drinking ½ gallon of water, or more. This will help curb cravings and shed even more weight.

## *Condiments and seasoning suggestions:*

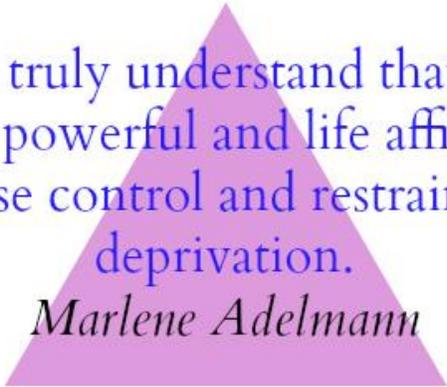
Lemon juice, garlic, mustards, hot sauce, olive oil, balsamic vinaigrette, low-sodium soy sauce, & spices (limit your sodium intake). Instead of dressing, use a little oil and a ton of fresh herbs to spruce up your salad!

## *Preparing your meals:*

Food prep is KEY to sustaining a healthy eating habit. When you have food that is ready to heat and eat, you will choose this over the bag of chips in the pantry. Wash and chop your veggies, pre-cook your proteins and grains. This way you can easily throw a healthy salad together in only a few minutes. If you work outside of the home, pre-make your to-go lunch containers so you can take them along with you. Pre-portion out your nuts and snacks, too. This way you will always know how much you should be eating without overeating.

## *Exercise:*

For optimal results, combine this meal plan with a solid training program; working out 4-6 times a week (both cardio and strength training). Not sure where to start? I work out primarily from home! My Pinterest page has a ton of home workout inspiration! And remember – don't work out because you hate your body. Workout because you LOVE your body!



When you truly understand that your food choices are powerful and life affirming, you can exercise control and restraint without deprivation.

*Marlene Adelman*

# *7 Day clean eating plan*

## DAY 1

### **Breakfast**

1/2 cup plain oatmeal with added stevia and cinnamon to taste, 1 cup berries/fruit, 2 scrambled egg whites scrambled in a tsp. coconut oil

### **Snack (if needed)**

1 apple with a tablespoon of nut butter

### **Lunch**

Hummus Platter – fresh cut veggies (carrot sticks, celery sticks, bell pepper, cucumber, zucchini, etc) with a few tablespoons of hummus and a few triangles of whole wheat pita bread

### **Snack (if needed)**

1 hardboiled egg with a handful (approx. 10) of almonds

### **Dinner**

¾ cup baked chicken breast (or protein of choice) with a cup (or as much as you would like) of steamed Brussel sprouts (or any green veggie) and a ½ cup of quinoa with dried/fresh herbs to taste

### **Dessert**

a small chunk of dark chocolate with some calming tea

## DAY 2

### **Breakfast**

Green Smoothie – frozen banana chunks, large handful of spinach, 1 tablespoon of nut butter, 1 cup of almond milk, ice to thicken, stevia to taste. (I use vegan Shakeology in my smoothies for a dose of protein and vitamins)

### **Snack (if needed)**

1 cup of plain Greek yogurt with stevia or pure maple syrup to taste topped with fresh/frozen berries

### **Lunch**

Large salad – greens of choice with veggies and  $\frac{3}{4}$  cup protein of choice. Make it a fiesta salad with cilantro, beans and organic corn. Or make it a summer salad with fresh cucumber, parsley and radishes. Use your creativity with salads! Dressing: use a splash of olive oil/balsamic and fresh/dried herbs. My go-to is olive oil and dried basil. A side of Mary's Gone Flax Crackers pairs well with this!

### **Snack (if needed)**

Fresh fruit – grapes, apples, oranges, pineapple etc.

### **Dinner**

Vegetable soup (see recipe)

### **Dessert**

A small chunk of dark chocolate with some calming tea

## DAY 3

### **Breakfast**

3 Scrambled egg whites with ½ cup plain oatmeal sweetened with stevia and a small spoonful of nut butter

### **Snack (if needed)**

Fruit bowl with ½ cup of organic cottage cheese

### **Lunch**

Left over soup

### **Snack (if needed)**

A few date balls (see recipe)

### **Dinner**

Fiesta Chicken Salad (see recipe)

### **Dessert**

Guilt Free Ice Cream (see recipe)

## DAY 4

### **Breakfast**

Pumpkin Pancakes (see recipe) – You can make these the night before and eat them in the morning. Top with nut butter and eat on the go!

### **Snack (if needed)**

Fruit of choice

### **Lunch**

Veggie Sandwich – sprouted bread hummus (instead of mayo) and assorted veggies piles high! I love sprouts, avocado, thinly sliced red bell pepper, sunflower seeds, tomato and red onion. Have a cup of roasted red bell pepper soup! (I typically buy a carton of Organic red bell pepper soup from Trader Joes)

### **Snack (if needed)**

Kale chips (see recipe) with a piece of fruit

### **Dinner**

1/3 cup choice of protein with sweet potato fries and a green dinner salad

### **Dessert**

A few date balls and a cup of tea

## DAY 5

### **Breakfast**

Scrambled Eggs with spinach and veggies and a piece of sprouted bread

### **Snack (if needed)**

An apple with a tablespoon of nut butter

### **Lunch**

Large salad – greens of choice with veggies and  $\frac{3}{4}$  cup protein of choice. Make it a fiesta salad with cilantro, beans and organic corn. Or make it a summer salad with fresh cucumber, parsley and radishes. Use your creativity with salads! Dressing: use a splash of olive oil/balsamic and fresh/dried herbs. My go-to is olive oil and dried basil. A side of Mary's Gone Flax Crackers pairs well with this!

### **Snack (if needed)**

Date Balls

### **Dinner**

Ratatouille (see recipe)

### **Dessert**

Guilt Free Ice Cream

## DAY 6

### **Breakfast**

Greek yogurt Fruit Parfait – 1 cup plain Greek yogurt sweetened with stevia, topped with slivered almonds, flax seeds and fresh fruit

### **Snack (if needed)**

A hardboiled egg and a handful of carrot sticks

### **Lunch**

Left over Ratatouille

### **Snack (if needed)**

2 plain brown rice cakes with a smear of nut butter

### **Dinner**

$\frac{3}{4}$  cup protein of choice,  $\frac{1}{2}$  cup brown rice or quinoa and steamed veggies

### **Dessert**

A chunk of dark chocolate with tea

## DAY 7

### **Breakfast**

Fruit Smoothie – Fresh or frozen bananas, strawberries, almond milk, honey to taste, ice cubes

### **Snack (if needed)**

Piece of sprouted bread with ½ small avocado

### **Lunch**

Choice of protein with a large vegetable salad

### **Snack (if needed)**

Veggie sticks with hummus

### **Dinner**

Vegetable Tempeh Sauté

### **Dessert**

Your Choice!

# Recipes

## Banana Wrap

- 1 TBSP Natural Peanut Butter
- 1 Banana
- 1 Ezekiel Sprouted Tortilla

Spread 1 TBSP of peanut butter onto tortilla, mostly in the center, but spread as much as possible.

Place peeled banana in center.

Roll up your tortilla and slice in half.

Enjoy!

**Optional Toppings:** Add in a few dark chocolate chips, sliced strawberries, Chia seeds, Flax seeds, natural jam or jelly

## Pumpkin Pancakes

- 6 egg whites
- ¼ cup canned pumpkin
- ½ cup organic cottage cheese
- 1 tsp. vanilla
- 1 cup whole rolled oats
- 1 tsp. pumpkin pie spice
- Pure maple syrup

Mix all ingredients together.

Spray pan with clean cooking spray and make pancakes!

Top with pure maple syrup! Enjoy!

## Kale Chips

- 1 bunch kale
- 1 tsp olive oil
- ¼ tsp sea salt (optional)

Preheat the oven to 350F  
Wash kale and remove tough stems.

Cut kale into 2"-3" sections and place on baking sheet.

Drizzle with olive oil and sprinkle with sea salt, if desired. Toss kale to fully coat with olive oil.

Bake for 10-15 minutes, or until kale is crispy.

## Vegetable Soup

- 1 medium yellow onion, chopped
- 2 Tbsp extra virgin olive oil
- 2 Tbsp minced garlic or 6 garlic cloves, minced
- 3 carrots, chopped
- 3 stalks of celery, chopped
- 1 red bell pepper, seeded and chopped
- 2 c sweet potato or regular potato, chopped
- salt and pepper to taste
- 4 c water or vegetable stock (i always use filtered water and my soups always turn out)
- handfuls of herbs on hand: basil, parsley, dill, thyme – if using fresh, chop and add towards the end. I always add dried herbs at the beginning. Taste throughout and add more herbs.

Heat a large soup pot on medium and add oil. Let the oil heat for a few minutes. Add chopped onion and a pinch of salt. Let cook down for a few minutes until onion is soft. Add remaining vegetables, dried herbs, salt and pepper and let cook down for about 10 minutes or so.

Add liquid of choice and turn the heat up to high. Bring to a boil. Once it is boiling, cover with a lid and reduce heat to medium/low. Stir occasionally. Let cook for about an hour or so. You can always add more liquid if it becomes too thick. For this vegetable soup you want it to be rather brothy because this is where the magic is!

Don't forget to taste throughout the cooking time to see if it needs more seasonings. Also, add fresh herbs when it is almost done. Parsley is amazing in this soup, along with dill.

## Ratatouille

1 large can (28 ounces) whole peeled tomatoes  
4-6 tablespoons extra-virgin olive oil  
1 large eggplant (1 pound), cut into 1-inch chunks  
1 large yellow onions, diced large  
6 fresh garlic cloves, smashed and peeled  
2 bell peppers (any color – I used red), seeded and diced large  
2 large zucchini (1 pound total), diced large  
1 bay leaf  
1 tablespoon oregano leaves  
1 tablespoon basil leaves  
salt and pepper to taste  
1 cup water

Preheat oven to 350 degrees. Place the entire can of tomatoes on a baking sheet. Take a knife and chop them into 1/2 inch pieces. Drizzle with olive oil (approx 2-3 tablespoons), salt, pepper and dried basil flakes. Bake for 30 minutes, stirring every 10 minutes or so.

In a large bowl, toss eggplant with a good pinch of salt. In a large heavy pot, heat about 4 tablespoons of olive oil over medium heat. Add onion, a pinch of salt and pepper and let cook for about 5 minutes. Add garlic and cook until onions and garlic are soft, about 5 minutes. Add peppers and cook, stirring, until crisp-tender, about 5 minutes. Season with salt and pepper and herbs.

Then add tomatoes, eggplant, zucchini, bay leaf and water to pot. Cook, stirring occasionally, until mixture comes to a simmer. Reduce heat to medium-low and cook partially covered until veggies are soft. Approx 20 minutes. Taste to see if you need to add any more seasonings. Serve with warm crusty bread and a salad.

## Fiesta Chicken Salad

- 1 large jar of Salsa
- 2-4 Chicken breasts (boneless, skinless)
- Romaine Lettuce
- ½ cup Black beans, drained and rinsed (for each serving)
- ½ of an avocado (for each serving)
- 1 tsp. diced jalapenos
- cilantro
- 1-2 Limes for flavor

Pour enough salsa in the crockpot to cover the bottom.

Put however many chicken breasts you have in the crockpot

Add the rest of the salsa on top of the chicken

Turn on Crockpot to cook for 6-8 hours or the low setting if you are letting it cook all day {Do this in the morning before you go to work so it will be ready when you get home} After the cooking is completed the chicken will be tender and super tasty! Take two forks and shred the chicken while stirring all of the salsa and chicken together.

In a large bowl for one person, place a healthy amount of romaine lettuce in it. This will be the base of your salad.

Add ½ cup of black beans, ½ of an avocado, cilantro, 1 teaspoon of jalapeños {or more if you like it extra spicy!}. Place about a palm full of chicken on top of your salad.

Squeeze a lot of lime on top for an extra kick and enjoy!

## Sweet Potato Fries

- 2 medium sweet potatoes
- 2 tablespoons olive oil
- Sea salt (to taste)

Preheat oven to 400 degrees. Cover baking sheets with parchment paper and set aside. Wash and pat dry sweet potatoes.

Thinly slice sweet potatoes using your mandolin slicer; make sure slices are even, because this will help them bake evenly as well. Place thinly sliced sweet potatoes in Ziploc bag, add avocado oil, close Ziploc and shake to make sure oil evenly covers all slices. Arrange slices on baking sheets so that they don't overlap. Sprinkle them with coarse sea salt. Bake chips for about 12-15 minutes or until they begin to brown. Enjoy!

## Vegetable Tempeh Sauté

- 1 tablespoon coconut oil
- 1/2 block of organic tempeh cut into bite size cubes (I love Trader Joes tempeh)
- 1/2 red bell pepper, diced
- 1/3 cup diced red onion
- 2 cups minced broccoli florets and stems
- salt and pepper to taste
- spices and herbs – I used red chili flakes, dried basil and garlic powder to taste
- 1/4 cup water

In a medium size pan melt coconut oil on medium heat. Add all of the ingredients – onions, tempeh, bell pepper, broccoli, salt, pepper, spices and herbs (not the water). Mix thoroughly and let cook for 10 minutes. Now add the water and cover. Cook for another 10 minutes or until vegetables are cooked to your preference.

*There are few ways you can serve and enjoy this dish:*

- I love taking an Ezekiel sprouted tortilla and spreading some hummus on it and stuffing it with the mixture.
- Cook some plain brown rice or quinoa and serve it over top.
- You can also let it cool and serve it over baby spinach or romaine lettuce as a tasty salad.
- Or you can eat as is!

*A note about the tempeh:*

Tempeh does not have any flavor so this dish can be taken in any flavor direction. Add cumin and chili powder for a Mexican flare, curry and turmeric powder for an Indian dish or you can add lots of basil, soy sauce and ginger for Asian, oregano and some baby tomatoes for an Italian taste.

And feel free to use any vegetables you have on hand – cauliflower, chopped brussel sprouts, shaved carrots, green beans, peas, etc.



## About Tasha Kaye

Tasha is a certified nutritionist and weight loss consultant, holistic self-love coach and blogger. She has spent thousands of hours learning and researching the effects of food and what food does to the body and mind. Her approach is simple: eat mindfully, eat consciously and LOVE your body! She is also a mom, coffee drinker, loves being active and exploring new destinations.

### A note from Tasha

Thank you for investing in your health and wellness! I know healthy eating can be very overwhelming and confusing. And this is why I created this guide book. To show you how simple, easy and delicious clean eating can be!

I am passionate about Clean Eating because quite frankly, it saved my life! I was an overweight child and continued to be overweight until my late teens. After I graduated high school, I was sick and tired of being heavy and unhealthy and knew something had to be done. Unfortunately I developed very restrictive dieting approaches and damaging eating disorders. I starved myself, ate nothing but Fat Free foods, and when that didn't work I started purging. I had lost weight but was extremely unhappy and not healthy. I knew there had to be a better way.

I began working at a hospital as a Dietary Assistant and instantly started learning about food and how healing it was! For over a year I was educating patients and helping them learn how to eat better. Little did I know I started to develop a deep passion for nutrition. I went back to school to study nutrition and graduated as a Nutritionist and Weight Loss Specialist.

I have been promoting Clean Eating since 2008 through my blog and have helped hundreds of people develop a positive relationship with food. I wrote this guide to help YOU become a better YOU! Your health is EVERYTHING and the best form of love you can show yourself is self-love by properly feeding your body with healthy food. I hope this guide allows you to start making steps in the right direction towards better health, a better outlook on food and a more conscientious approach to your daily choices.

Please reach out to me with any questions or comments!

XxOo – Tasha Kaye  
[coachtashakaye@gmail.com](mailto:coachtashakaye@gmail.com) / <http://tashakaye.weebly.com>