

COOLER PLAN #3

→ Getting used to the idea of eating for health and life

WHAT IT'S FOR:

- ☑ Getting used to the Eat-Clean lifestyle

WHAT IT IS:

This is Cooler #2 with more leniencies. If you are thinking about making changes to your current style of eating, you may be wondering where to begin. Make some of these changes to your current food habits to introduce your body to Eating Clean.

For many of you, especially newcomers, Eating Clean will be a departure from any diet or way of eating you have previously attempted. You will need to make some changes right away so you can begin to understand and experience the way Eating Clean can positively affect your health and body.

These are gentle changes, but still powerful enough to see some results. What may be the biggest surprise is how good natural foods will taste once you begin to toss out the junk.

HOW IT WORKS:

Follow the Eat-Clean Principles on page 21.

EAT:

- Oatmeal cooked with milk and sweetened with unsweetened applesauce or other fruits
- High-protein, sugar-free cereals
- Homemade soups and stews
- Plenty of fresh fruits and vegetables
- Leaner cuts of meats (grilled, broiled or baked) with no obvious fat
- Beverages: clear, herbal teas, green/black tea, black coffee, water or fruit juice cut with water

AVOID:

- ✗ Unhealthy fats, especially butter, margarine, lard, cream, ice cream, fatty dressings, sauces and meats
- ✗ Whole eggs (one may be eaten each day with egg whites)
- ✗ White table sugar
- ✗ Refined and processed foods
- ✗ Junk and fast foods
- ✗ Fried foods
- ✗ Excessive salt and sodium
- ✗ Excessive alcohol

