



# 28 DAY CLEAN EATING PLAN

Stewarding Your Health

Sacred 60 - 28 Day Clean Eating Guide



# THE CLEAN EATING GUIDE

"Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own;"

1 Corinthians 6:19

# WHAT IS CLEAN EATING?

The basic principle of clean eating is trying to eat to the best of your ability, whole, fresh, unprocessed foods. Food that occurs in nature and don't go through extensive processing. Preparing the food by yourself will help your chances of being successful on a clean eating plan. Going out to restaurants is not restricted but unfortunately the food served there is not as fresh and most likely processed, resulting in less nutritional value. If you are not used to cooking in the kitchen start with basics and move up from there.

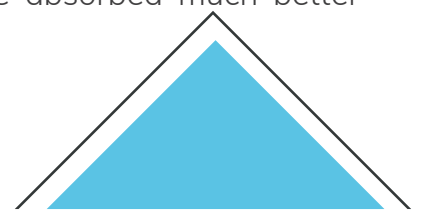
A clean diet can be a little bit different for everyone but there is one thing that all clean eaters would agree on: The white stuff has to go! This includes all white sugar and white flour products. These foods provide absolutely no nutritional value. Whole foods actually fill you up and fuel you, whereas the white stuff fill a mental craving but don't physically fill you up. These foods also make it very hard to keep your blood sugar levels stable. When your blood sugar is too high or too low it will cause cravings and may also cause symptoms like irritability and fatigue. This will make staying on a clean eating plan more difficult.

Eat enough and eat on a regular basis. Don't let your body get too hungry or else it will be really hard to not cheat or grab a high energy convenient food. Eating on a regular basis will

also help you regulate your blood sugar levels. The meal plan included in this plan contains four meals. Three main meals and one snack which should be plenty to fuel you through the day.

It's all about balance and your plate should reflect that. Try to eat a balanced amount of proteins, fats and carbohydrates at every meal. Fill your plate up with an unlimited amount of vegetables, add in quality sources of protein, complex carbs and healthy fats.

The clean eating approach understands that not all calories are equal. When you only consume whole foods you are much more likely to not over consume and maintain a healthy weight. Eating whole foods will provide your body with the nutrients it needs to keep your body not only at a healthy weight but also overall healthy. Whole foods contain an abundance of vitamin and minerals like Vitamin A, C, D and K, B12, magnesium and calcium. Of course you could take supplements for these but the nutrients are absorbed much better when consumed through food versus pill form.



## VEGETABLES

Asparagus  
 Broccoli  
 Carrots  
 Cauliflower  
 Celery  
 Cucumber  
 Garlic  
 Green Onions  
 Jalapeño  
 Kale  
 Mushrooms  
 Mixed Spring Greens  
 Red Bell peppers  
 Red cabbage  
 Red Onions  
 Spaghetti Squash  
 Spinach  
 Sweet Potato  
 Tomatoes  
 White Onions  
 Zucchini

## FRUITS

Apples  
 Avocado  
 Bananas  
 Blackberries  
 Blueberries  
 Dates  
 Grapefruit  
 Grapes  
 Kiwi  
 Lemon  
 Lime  
 Mango  
 Melon  
 Orange  
 Peach  
 Pear  
 Pineapple  
 Pomegranate  
 Strawberries  
 Raspberries  
 Watermelon

## PROTEINS

Chicken  
 Turkey  
 Eggs  
 Beef  
 Bison  
 Lamb  
 Pork  
 Lamb

## POULTRY

Shrimps  
 Wild  
 Caught  
 Salmon  
 Tuna  
 Steak  
 Canned  
 Tuna  
 Canned  
 Sardines

## GRAINS

Brown Rice  
 Brown Rice Pasta  
 Brown Rice Tortilla  
 Wrap  
 Gluten Free Oatmeal  
 Quinoa

## NUTS & SEEDS

Almonds Walnuts  
 Chia Seeds  
 Flaxseeds Pumpkin  
 Seeds

## EXTRAS

Almond Milk  
 Canned Coconut Milk  
 Nut Butters  
 Coconut Aminos  
 Honey  
 Protein Powder  
 Raw Cacao Powder  
 Tahini  
 Tomato Paste  
 Apple Cider Vinegar  
 Honey Dijon Mustard

## BEANS & LEGUMES

Black Beans  
 White Beans Chick-  
 peas

## OILS

Coconut Oil  
 Extra Virgin Olive  
 Oil Avocado Oil  
 Sesame Seed Oil

## CLEAN 15 / DIRTY DOZEN by EWG

The more organic products you can include in your diet the better, but of course not everyone has the budget for it. Eat organic as much as you can but never avoid buying fruits or vegetables just because you can't afford the organic version.

The Environmental Working Group releases a Clean 15 and Dirty Dozen list every year showing us which fruits and vegetables have the most and the least pesticides added to our food. I recommend referring to this list while grocery shopping to minimize your exposure to toxins and cut on cost.

### CLEAN 15

- Avocado
- Sweet Corn
- Pineapple
- Cabbage
- Frozen Sweet Peas
- Onions
- Asparagus
- Mangos
- Papayas
- Kiwi
- Eggplant
- Honey Dew Melon
- Grapefruit
- Cantaloupe
- Cauliflower

### DIRTY DOZEN

- Strawberries
- Apples
- Nectarines
- Peaches
- Celery
- Grapes
- Cherries
- Spinach
- Tomatoes
- Sweet Bell Peppers
- Cherry Tomatoes
- Cucumbers
- Hot Peppers
- Kale and Collard Greens

## EATING OUT WHILE ON A CLEAN EATING DIET

Committing to a clean eating lifestyle doesn't mean you will never be able to attend social events or dine out again. When you switch to a clean eating lifestyle you have to make sure that it fits into your lifestyle. Although going out every night of the week is not recommended, going out once in a while will be healthy for you if it's something you really enjoy.

It's a matter of making the right choices. Look for dishes like stir-fries and salads on the menu. If you can't find anything on the menu that is clean eating approved here are some examples of things you can order separately.

### Protein

- Grilled Chicken Breast
- Grilled Salmon Fillet
- Steak
- Hamburger without the bun

### Carbs

- Baked Potato
- Baked Sweet Potato
- Fries
- Quinoa
- White/Brown Rice

### Fats

- Avocado or Guacamole Nuts and Seeds  
(Great on top of a salad)
- Olive Oil

### Beverages

- Water
- Sparkling Water
- Tea
- Coffee

Most of the restaurants will have all of these foods in the kitchen even if it's not written exactly like that on the menu. Don't be shy to ask for something a little different. When it comes to your health it's always worth it. The last tip for eating out on a clean eating diet is to ALWAYS ask for the dressing on the side. Most restaurants add way more than needed. Even if it's a healthy dressing I recom-

# ADDITIONAL TIPS & TRICKS

Write a grocery list when you go to the grocery store so that you are prepared and don't end up adding unnecessary items in the shopping cart.

You also want to do the bulk of your shopping on the outside perimeter of the grocery store.

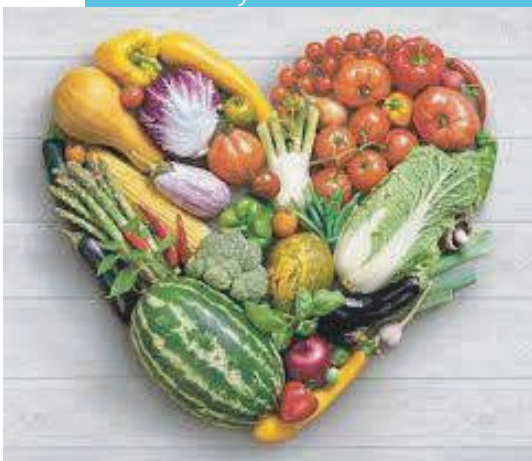
That is where they keep all the fresh whole foods.

Always look at the ingredients over the macro-nutrients/calories because a food with "good" macro-nutrients may have hidden artificial sweeteners and additives.

Buy in bulk if possible to save money. Grains, beans and anything you can freeze are great options.

Soy is not included in this meal plan because it's not the health food it has been marketed to be. Soy is extremely processed and in most cases genetically modified. If you choose to consume soy make sure it is organic and has been minimally processed. Meal plan as much as you can to save time in the kitchen.

When it comes to liquids stick to water, sparkling water, organic herbal teas and coffee. Eat foods that you enjoy and you will be most likely to stick to a clean eating plan. Sit down with no distractions when you have your meal.



# RECIPES

## GREEN PROTEIN SMOOTHIE



### INGREDIENTS

- 1/2 Frozen Banana
- 1 Cup of Spinach
- 1/2 Avocado
- 1 Serving of Vanilla Protein Powder
- 1 Cup of Almond Milk
- 1 Tbsp of Chia Seeds

### NUTRITIONAL VALUE

- Fat: 20 g
- Carbs: 28 g
- Protein: 42 g
- Total Calories: 430
- Calories

### DIRECTIONS

Start by pouring the coconut milk into the blender to avoid the ingredients sticking at the bottom of the blender. Next add in the banana, raspberries, chia seeds and the protein powder. Turn the blender on, starting at a low speed and increase as needed. Once the liquid looks even, pour into a cup and enjoy immediately to conserve as many nutrients as possible.

## RASPBERRY COCONUT SMOOTHIE



### INGREDIENTS

- 1 Cup of Raspberries
- 1/2 Frozen Banana
- 1 Tbsp of Chia Seeds
- 1 Cup Coconut Milk
- 1 Serving of Vanilla Protein Powder

### NUTRITIONAL VALUE

- Fat: 10 g
- Carbs: 54 g
- Protein: 41 g
- Total Calories: 448
- Calories

### DIRECTIONS

Start by pouring the coconut milk into the blender to avoid the ingredients sticking at the bottom of the blender. Next add in the banana, raspberries, chia seeds and the protein powder. Turn the blender on, starting at a low speed and increase as needed. Once the liquid looks even, pour into a cup and enjoy immediately to conserve as many nutrients as possible.

# BLUEBERRY SMOOTHIE



## INGREDIENTS

- 1 Cup of Blueberries
- 1 Banana
- 1 Cup of Coconut Milk
- 1 Serving of Vanilla Protein Powder
- Handful of Ice

## NUTRITIONAL VALUE

- Fat: 18 g
- Carbs: 53 g
- Protein: 20 g
- Total Calories: 436
- Calories

## DIRECTIONS

Start by pouring the coconut milk into the blender to avoid the ingredients sticking at the bottom of the blender. Next, throw in the blueberries, banana, collagen powder and the ice. Turn the blender on, starting at a low speed and increase as needed. Once the liquid looks even, pour into a cup and enjoy immediately to conserve as many nutrients as possible.

## CHOCOLATE BANANA SMOOTHIE



### INGREDIENTS

- 1 Frozen Banana
- 1/2 Avocado
- 1 Cup of Almond Milk
- 2 Tbsp of Raw Cacao Powder
- 1 Serving Chocolate Protein Powder

### NUTRITIONAL VALUE

- Fat: 10 g
- Carbs: 54 g
- Protein: 41 g
- Total Calories: 448
- Calories

### DIRECTIONS

Start by pouring the almond milk into the blender to avoid the ingredients sticking at the bottom of the blender. Next, throw in the banana, avocado, cacao powder and the protein powder. Turn the blender on, starting at a low speed and increase as needed. Once the liquid is even pour into a cup and enjoy immediately to conserve as many nutrients as possible.

## SUPERFOOD OATMEAL



### INGREDIENTS

1/2 Cup of Gluten Free  
Oatmeal  
1 Cup of Almond Milk  
1/4 Cup of Almonds  
1/2 Cup of Berries  
1 tsp of Ground Cinnamon

### NUTRITIONAL VALUE

Fat: 21 g  
Carbs: 40 g  
Protein: 12 g  
Total Calories: 401  
Calories

### DIRECTIONS

In a pot place the oats, cinnamon and the almond milk and turn the heat on high until it starts

boiling. Once it's boiling turn the heat down to low and stir until all of the almond milk is absorbed. Once the oatmeal is ready transfer it into a bowl and add the nuts and fresh berries.

## CHOCOLATE OVERNIGHT OATS



### INGREDIENTS

- 1/2 Cup of Gluten Free Oatmeal
- 1 Cup of Almond Milk
- 1 Serving of Chocolate Protein Powder
- 1 Tbsp of Chia Seeds
- 1 Tbsp of Raw Cacao Powder
- 1 Tbsp of Maple Syrup
- Optional: Raw Cacao Nibs

### NUTRITIONAL VALUE

- Fat: 18 g
- Carbs: 60 g
- Protein: 46 g
- Total Calories: 550
- Calories

### DIRECTIONS

Combine all the ingredients into a mason jar or a sealed container, give it a good stir and place in the fridge overnight. In the morning, add raw cacao nibs on top for an extra crunch if desired. Enjoy cold or heated up.

## VEGGIE SCRAMBLE & AVOCADO



### INGREDIENTS

- 2 Eggs
- 1 Cup of Spinach
- 2 Mushrooms
- 1/4 Red Bell Pepper
- 1/4 Cup of Red Onions
- 1/2 Avocado
- 1 tsp of Coconut Oil

### NUTRITIONAL VALUE

- Fat: 39 g
- Carbs: 16 g
- Protein: 16 g
- Total Calories: 460
- Calories

### DIRECTIONS

Heat a pan on medium heat and add the coconut oil. Once the coconut oil is melted add all of the vegetables except for the spinach and cook for 3 minutes. Finally add the eggs and spinach. Once the omelette is complete add the sliced avocado on top. Season with salt and pepper to your desire.

## MINI OMELETTES



### INGREDIENTS

3 Eggs  
1/2 Cup of Spinach  
1 Small Tomato  
1 Tbsp of Fresh Basil  
1 Tbsp of Coconut Oil

### NUTRITIONAL VALUE

Fat: 29 g  
Carbs: 5 g  
Protein: 20 g  
Total Calories: 360  
Calories

### DIRECTIONS

Preheat the oven at 350F/175C. Coat a muffin tray with coconut oil to avoid sticking. Whisk together the 3 eggs. Chop up the spinach, basil and tomatoes. Pour the egg mixture into 3 different muffin cups. Then add a little bit of the vegetable mixture in each cup leaving about 1cm empty at the top. Bake in the oven for 18 minutes.

## BANANA PANCAKES



### INGREDIENTS

1 Banana  
2 Eggs  
1 tsp of Ground Cinnamon  
1 tsp of Coconut Oil

### NUTRITIONAL VALUE

Fat: 24 g  
Carbs: 30 g  
Protein: 14 g  
Total Calories: 378  
Calories

### DIRECTIONS

In a bowl combine the banana and two eggs. Use a hand blender or a fork to mix the banana and eggs together. You should end up with a consistency similar to pancake batter.

Place a pan on medium heat and melt the coconut oil. Slowly add the batter in the pan forming 5 inch diameter pancakes. Put the cover on and cook for 30 seconds on each side.

Repeat until you have cooked the whole batch. Be creative with your toppings, add any of your favourite clean foods. These may include but are not limited to berries, almond butter, coconut flakes and chopped nuts.

## CRUNCHY KALE SALAD



### INGREDIENTS

2 Cups of Kale  
1 Carrot  
1/2 Avocado  
1/2 Cup of Chickpeas  
Dressing —>  
1 Tbsp of Tahini  
1 Tbsp of Lemon Juice

### NUTRITIONAL VALUE

Fat: 22 g  
Carbs: 40 g  
Protein: 16 g  
Total Calories: 431  
Calories

### DIRECTIONS

Preheat the oven to 350F/175C. Drain and rinse the chickpeas. Dry them with a paper towel and spread them evenly on a baking tray. Bake for 45 minutes. While the chickpeas are baking prepare the vegetables by rinsing and chopping up the kale, peeling and shredding the carrots and cutting the avocado into small cubes. Set the vegetables aside and prepare the dressing. Combine all the dressing ingredients into a bowl and whisk together until it forms a smooth consistency. Add all of the vegetables to a bowl with the baked chickpeas and then drizzle the dressing on top.

## CHICKEN COBB SALAD



### INGREDIENTS

(2 Servings)

- 4 Cups of Spinach
- 8 oz of Chicken
- 2 Hard Boiled Egg
- 4 Slices of Bacon
- 1 Cup of Chopped Cucumber
- 1 Avocado
- 2 Tbsp of Extra Virgin Olive Oil
- Pinch of Sea Salt and Pepper

### NUTRITIONAL VALUE

(per serving)

- Fat: 39 g
- Carbs: 10 g
- Protein: 39 g
- Total Calories: 524
- Calories

### DIRECTIONS

Start by washing the spinach and placing it at the base of a salad bowl. Next, add all of the remaining ingredients one by one in a straight line. Lastly drizzle the olive oil on top and add the sea salt and pepper if desired.

## CHICKEN QUINOA AVOCADO SALAD



### INGREDIENTS

(2 Servings)  
8 oz of Chicken Breast  
1/2 Cup of Quinoa  
1 Tomato  
1 Cup of Diced Cucumber  
1 Avocado  
1 Tbsp of Extra Virgin Olive Oil

### NUTRITIONAL VALUE

(per serving)  
Fat: 30 g  
Carbs: 40 g  
Protein: 30 g  
Total Calories: 553  
Calories

### DIRECTIONS

Preheat the oven to 350F/175C. In the oven place the chicken breast in a dish with olive oil and cover for about 30 minutes. After placing the chicken in the oven measure out 1/4 cup of quinoa and add to a pot with 1/2 cup of water. Turn the heat on to high until it's boiling then bring down to low until all the water has been absorbed and the quinoa is fluffy. While the chicken and quinoa are cooking chop up the cucumber, tomatoes and avocado into small cubes. Combine all of the vegetables in a large bowl. Once the chicken is cooked, let it cool and then chop into small pieces. Add the chicken and quinoa to the vegetables. Mix together and add olive oil, salt and pepper to finish.

# POWER BOWL



## INGREDIENTS

(2 Servings)

- 4 Cups of Kale
- 8 oz of Chicken Breast
- 1 Sweet Potato
- 1 Avocado
- 1 Red Bell Pepper
- 1 tsp Olive Oil
- Dressing per Serving—>
- 1 Tbsp of Tahini
- 1 Tbsp of Lemon Juice

## NUTRITIONAL VALUE

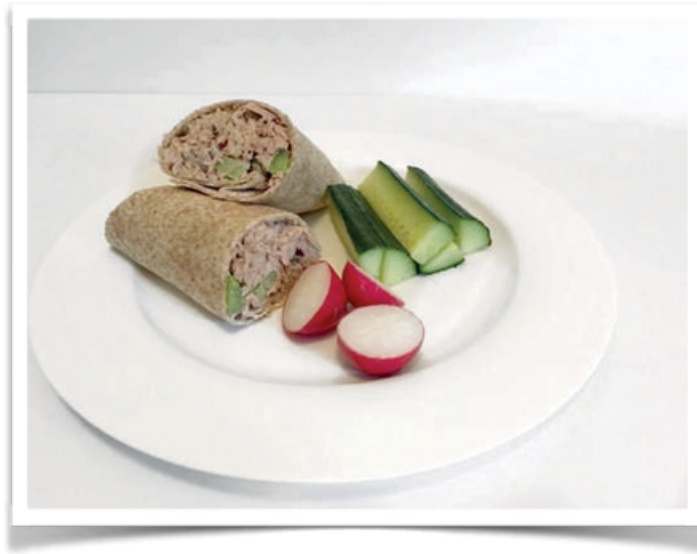
(per serving)

- Fat: 30 g
- Carbs: 45 g
- Protein: 36 g
- Total Calories: 574
- Calories

## DIRECTIONS

Preheat the oven at 350F/175C. Place the chicken breast and cube sized sweet potatoes on a baking tray with parchment paper and bake for 30 minutes. While the chicken and sweet potatoes are baking, clean and chop the kale. Once the kale is ready mix in with the olive oil and massage it into the kale. Chop the red peppers and avocado. Prepare the dressing by mixing the tahini and fresh lemon juice. Once the chicken and sweet potatoes are done, place the massaged kale at the bottom of a dish and add all of the other ingredients on top of it, finishing off with the dressing.

## TUNA WRAP



### INGREDIENTS

1 Can of Tuna  
1/2 Avocado  
2 Stalks of Celery  
1/4 Cup of Red Onions  
2 Brown Rice Tortilla  
Wraps

### NUTRITIONAL VALUE

Fat: 17 g  
Carbs: 43 g  
Protein: 38 g  
Total Calories: 453  
Calories

### DIRECTIONS

Drain the can of tuna and pour it into a mixing bowl. Scoop out half of an avocado and mix it in with the tuna. Finely chop the celery and red onion and add to the bowl. Season with salt and pepper. Add the mixture to the brown rice tortilla wraps and roll.

## SWEET POTATO SALMON CAKES



### INGREDIENTS

(2 Servings)

- 1 Medium Sweet Potato
- 8 oz Salmon Fillet
- 1 Egg
- 1/2 Cup of Almond Flour
- 1/4 Cup of Green Onions
- 1 tsp of Sea Salt
- 1/4 tsp of Black

### NUTRITIONAL VALUE

(per serving)

- Fat: 25 g
- Carbs: 25 g
- Protein: 30 g
- Total Calories: 434
- Calories

### DIRECTIONS

Preheat the oven at 400F/200C and line a baking sheet with parchment paper. Wash and peel the sweet potato and steam until soft. Bake the salmon for about 15-20 minutes. Once the sweet potato is soft and the salmon is cooked mash them up in a bowl and add in the remaining ingredients. Form 8 patties and spread them out on the baking sheet. Bake the Sweet Potato Salmon cakes for 30 minutes, flip the patties at around 15 minutes. Serve it on its own or with a green salad.

## CHICKEN ALMOND BUTTER STIR FRY



### INGREDIENTS

(2 Servings)

8 oz Chicken Breast  
2 Cups of Broccoli  
1 Red Bell Pepper  
4 Mushrooms  
1/2 Cup of Red Onions  
1/4 Cup of Coconut  
Aminos  
2 Tbsp of Almond  
Butter  
1 Tbsp of Coconut Oil

### NUTRITIONAL VALUE

per serving)

Fat: 35 g  
Carbs: 53 g  
Protein: 32 g  
Total Calories: 534  
Calories

### DIRECTIONS

Chop all the vegetables in bite size pieces. Place a pan on medium heat and melt the coconut oil. Slice the chicken and add to the pan. While the chicken is cooking combine the coconut aminos and almond butter and whisk until it forms a thick sauce. Once the chicken is cooked add in all the vegetables and the almond butter sauce. Cook and cover for another 7-10 minutes. Turn the heat off and take the cover off and let the sauce thicken up for a few minutes before serving.

## CHICKEN CURRY



### INGREDIENTS

(2 Servings)

- 8 oz of Chicken
- 2 Cup of Broccoli
- 1 Carrot Sliced
- 1/2 Cup of Chopped Onions
- 1 Can of Coconut Milk
- 2 Cups of Cauliflower Rice
- 1 Tbsp of Ground Turmeric
- 1 Tbsp of Ground Cumin
- 1 Tbsp of Ground Ginger

### NUTRITIONAL VALUE

(per serving)

- Fat: 50 g
- Carbs: 35 g
- Protein: 35 g
- Total Calories: 720
- Calories

### DIRECTIONS

Place a pan on medium heat and melt 1 teaspoon of coconut oil. Add the chicken and cook until it is well done. Take the chicken out of the pan and place it aside for now. Add another teaspoon of the coconut oil and all the vegetables and spices to the pan. Let the vegetables sauté for 5 minutes then add the coconut milk, let it cook for another 5 minutes. Lastly add the chicken back in and mix well. Serve on top of cauliflower rice.

## TOMATO & GARLIC SPAGHETTI SQUASH



### INGREDIENTS

(2 Servings)

- 1 Small Spaghetti Squash
- 8 oz of Chicken Breast
- 1 Can of Diced Tomatoes
- 2 Cloves of Garlic
- 1/4 Cup of Onions
- 2 Tbsp of Extra Virgin Olive Oil

### NUTRITIONAL VALUE

- Fat: 38 g
- Carbs: 33 g
- Protein: 27 g
- Total Calories: 557
- Calories

### DIRECTIONS

Start by pre-heating the oven to 400F/200C. Cut your spaghetti squash into two equal halves and take the seeds out by using a spoon. Bake the squash with the peel on the bottom of a baking tray for 45 minutes. While the squash is cooking you can start preparing the sauce by placing a pan on low/medium heat and adding the olive oil. Next, add the garlic, onion and diced tomatoes. Slice the chicken breasts and add them to the pan. Stir every few minutes to make sure the chicken cooks evenly. Once the garlic and tomato sauce is ready you can set it aside on low heat and wait for the squash to be done. After 45 minutes, take the squash out and use a fork to scrape out the squash into spaghetti like strings. Top it off with the chicken garlic tomato sauce.

## TURKEY LETTUCE BURGERS



### INGREDIENTS

(2 Servings)

- 450 g of Ground Turkey
- 1 Cup of Spinach
- 1/4 Cup of Onions
- 1 Clove of Garlic
- 1 Tbsp of Coconut Oil

### NUTRITIONAL VALUE

(per serving)

- Fat: 25 g
- Carbs: 3 g
- Protein: 40 g
- Total Calories: 405
- Calories

### DIRECTIONS

Chop the spinach, onions and garlic and combine in a mixing bowl with the ground turkey, salt and pepper. Melt the coconut oil on medium heat in a pan. Form 6 patties and fry for 3-5 minutes each side. Once the burgers are ready add your favorite toppings to them and enjoy.

## BEEF FAJITA BOWL



### INGREDIENTS

(2 Servings)

- 8 oz Beef Sirloin Strips
- 1 Red Bell Pepper
- 1/2 Cup of Onions
- 2 Cloves of Garlic
- 1/2 Cup of Brown Rice
- 1 Avocado
- 1 Tbsp of Coconut Oil
- Fajita Seasoning →
  - 1 Tbsp Paprika
  - 1 tsp Garlic Powder
  - 1 tsp Onion Powder
  - 1/2 tsp Cayenne Powder

### NUTRITIONAL VALUE

(per serving)

- Fat: 10 g
- Carbs: 41 g
- Protein: 27 g
- Total Calories: 330 Calories

### DIRECTIONS

Start by adding 1/2 cup of water and the rice to a pot and bring to a boil, then lower the heat to a simmer. Place a pan on medium heat and add the coconut oil. Once the oil has melted add the onions and garlic and sauté for 1 minute. Add the beef strips and cook for 3-5 minutes. While the beef is cooking cut the red pepper into strips. Once the beef is ready add the peppers and all the fajita seasoning spices and cook for an extra 5 minutes. Combine in a bowl the beef mixture, brown rice and mashed avocado.

## BEEF & BROCCOLI



### INGREDIENTS

(2 Servings)

- 8 oz Beef Sirloin Strips
- 2 Cups of Broccoli
- 1/2 Cup of Brown Rice
- 1/4 Cup of Coconut Aminos
- 1/2 Cup of Onions
- 1 Cloves of Garlic
- 1 Tbsp of Coconut Oil

### NUTRITIONAL VALUE

(per serving)

- Fat: 23 g
- Carbs: 52 g
- Protein: 28 g
- Total Calories: 454 Calories

### DIRECTIONS

Start by bringing 1 cup of water with the rice to a boil. Once the water is boiling bring down to a simmer. Next finely chop the onion and garlic. Place a large pan on medium heat and add the coconut oil, once the oil has melted add the onions and garlic. Once the onions are translucent add the beef strips into the pan and cook for 3-5 minutes. Lastly cut the broccoli into small florets and add them into the pan along with the coconut aminos. Cover and cook for

## ZUCCHINI NOODLES & BOLOGNESE



### INGREDIENTS

(2 Servings)

(2 Servings)

2 Zucchini

450 g of Ground Beef

1/2 Cup of Coconut Milk

1/4 Cup of Tomato Paste

1 Cup of Spinach

1 Carrot

6 Mushrooms

1/2 Cup of Onions

2 Cloves of Garlic

1 Tbsp of Coconut Oil

### NUTRITIONAL VALUE

(per serving)

Fat: 25 g

Carbs: 10 g

Protein: 28 g

Total Calories: 374 Calories

### DIRECTIONS

Chop the onions, garlic and mushrooms. In a pan melt the coconut oil and add the onions and garlic, once the onions become translucent add in the ground beef and season with salt and pepper. Once the ground beef is cooked through, add the chopped mushrooms and spinach. In a small bowl combine the coconut milk and tomato paste and mix together until it forms a thick sauce. Add the coconut milk and tomato paste mixture to the skillet and turn the heat down to low, let simmer for about 10 minutes. While the bolognese is cooking wash 1 zucchini and spiralize it into noodles. Serve the bolognese on top of the spiralized zucchini.

## BAKED SALMON



### INGREDIENTS

4 oz of Salmon Fillet  
1/4 Cup of Brown Rice  
10 Stalks of Asparagus  
1 Tbsp of Olive Oil

### NUTRITIONAL VALUE

Fat: 22 g  
Carbs: 29 g  
Protein: 28 g  
Total Calories: 419  
Calories

### DIRECTIONS

Start by pre-heating the oven at 350F/175C. Cut off the ends of the asparagus and wash it. Coat the salmon and the asparagus with olive oil, salt and pepper. Line a baking tray with parchment paper, add the salmon and asparagus to the baking tray and bake for 20 minutes. While the salmon is baking prepare the rice by adding 1 cup of water and the rice to a pot. Bring to a boil and then turn the heat down to a simmer until all of the water is absorbed. Add the salmon, asparagus and brown rice to a plate and enjoy.

# SHRIMP PAD THAI



## INGREDIENTS

(2 Servings)

- 6 oz of Brown Rice Noodles
- 8 oz of Shrimps
- 2 Cups of Bean Sprouts
- 2 Cloves of Garlic
- 1/2 Cup of Green Onions
- 1/4 Cup of Coconut Aminos
- 2 TBSP of Almond Butter
- 1 Tbsp of Coconut Oil

## NUTRITIONAL VALUE

per serving)

- Fat: 26 g
- Carbs: 67 g
- Protein: 24 g
- Total Calories: 581 Calories

## DIRECTIONS

Heat up a pan on medium heat and add the coconut oil. Finely chop the garlic and add it to the pan with the shrimps. While the shrimps are sautéing fill up a pot with water and bring to a boil. Once the water is boiling add in the brown rice noodles. When the shrimps are ready add in the bean sprouts. Mix together the coconut aminos and the almond butter to form a thick sauce and toss it in the pan and lower the heat. Mix the noodles and the shrimp mixture together and enjoy

# HUMMUS & VEGETABLES



## INGREDIENTS

(4 servings)

- 1 Can of Chickpeas
- 1/4 Cup of Tahini
- 2 Tbsp of Extra Virgin Olive Oil
- 2 Tbsp of Lemon Juice
- 1 Clove of Garlic
- 1 tsp of Cumin
- 1/2 tsp of Sea Salt
- 1 Cup of Cucumber Sticks

## NUTRITIONAL VALUE

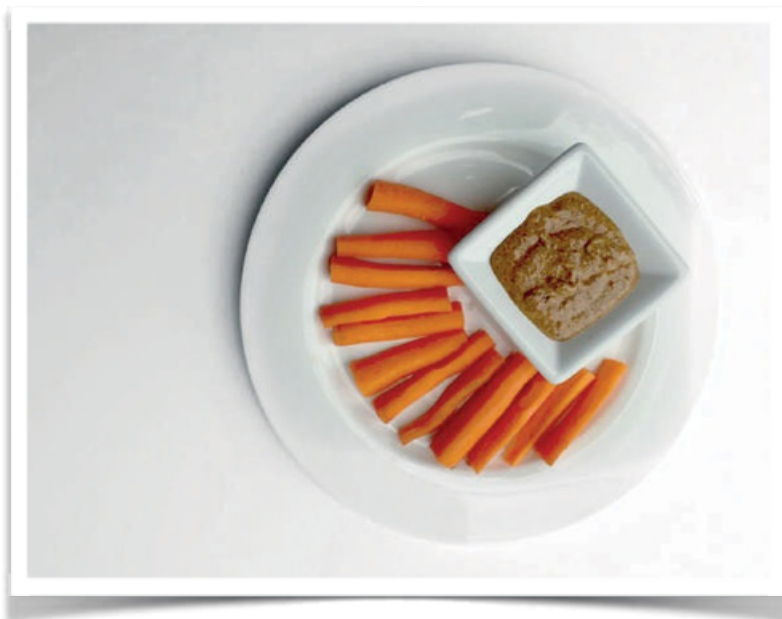
(per serving)

- Fat: 16 g
- Carbs: 22 g
- Protein: 8 g
- Total Calories: 251 Calories

## DIRECTIONS

Start by preparing the chickpeas. If you are preparing dry chickpeas follow the instructions on the packaging or if you are using canned make sure to drain the chickpeas and rinse them well. Once the chickpeas are ready add all of the ingredients into a food processor and process until it forms a smooth and creamy texture. Store your hummus into an air tight container or portion it out immediately into 4 servings.

## CARROTS & ALMOND BUTTER



### INGREDIENTS

2 Carrots  
1 Tbsp of Almond Butter

### NUTRITIONAL VALUE

Fat: 19 g  
Carbs: 13 g  
Protein: 5 g  
Total Calories: 229 Calories

### DIRECTIONS

Cut the carrot into sticks and dip them in the almond butter.

## SEED CRACKERS & GUACAMOLE



### INGREDIENTS

(4 servings)

- 1/4 Cup of Chia Seeds
- 1/4 Cups of Sesame Seeds
- 1/4 Cups of Sunflower Seeds
- 1/2 Tbsp of Herb Mix Seasoning
- 1/2 tsp of Sea Salt
- 1 Cup of Water
- Guacamole —>
- 1/2 Mashed Avocado
- Juice of Half a Lime
- Pinch of Sea Salt

### NUTRITIONAL VALUE

(per serving)

- Fat: 24 g
- Carbs: 14 g
- Protein: 8 g
- Total Calories: 280 Calories

### DIRECTIONS

Preheat the oven to 175C. Mix all the seeds together with water and seasonings. Let the mixture sit for 5 minutes. Line a baking sheet with parchment paper and spread the seed mixture evenly until flat. Bake for 30 minutes then remove from the oven, cut them into squares, flip them and bake for another 15 minutes. While the crackers are baking combine all the guacamole ingredients in a bowl and mash until you have a smooth consistency

# CACAO COCONUT BALLS



## INGREDIENTS

(Makes 10 Balls)  
1 Cup of Almonds  
1/2 Cup of Shredded Coconut  
8 Medjool Dates  
2 Tbsp of Raw Cacao Powder

## NUTRITIONAL VALUE

(2 balls)  
Fat: 18 g  
Carbs: 36 g  
Protein: 6 g  
Total Calories: 324 Calories

## DIRECTIONS

Remove the pit from the dates. Combine all the ingredients in a food processor and mix until it forms a doughy mixture. Form 10 balls with the mixture and then store them into the fridge to

## APPLE PIE BITES



### INGREDIENTS

(Makes 10 Balls)

- 8 Medjool Dates
- 1 Cup of Dried Apples
- 1 Cup of Walnuts
- 1 tsp of Cinnamon

### NUTRITIONAL VALUE

(2 balls)

- Fat: 16g
- Carbs: 44g
- Protein: 5g
- Total Calories: 314 Calories

### DIRECTIONS

Remove the pit from the dates. Combine all the ingredients in a food processor and mix until it forms a doughy mixture. Form 10 balls with the mixture and then store them into the fridge to

## APPLE PIE BITES



### INGREDIENTS

(Makes 10 Balls)

- 8 Medjool Dates
- 1 Cup of Dried Apples
- 1 Cup of Walnuts
- 1 tsp of Cinnamon

### NUTRITIONAL VALUE

(2 balls)

- Fat: 16g
- Carbs: 44g
- Protein: 5g
- Total Calories: 314 Calories

### DIRECTIONS

Remove the pit from the dates. Combine all the ingredients in a food processor and mix until it forms a doughy mixture. Form 10 balls with the mixture and then store them into the fridge to

## EASY TRAIL MIX



### INGREDIENTS

(3 servings)

- 1/2 Cup of Coconut Chips
- 1/4 Cup of Almonds
- 1/4 Cup of Pumpkin Seeds

### NUTRITIONAL VALUE

(per serving)

- Fat: 20 g
- Carbs: 9 g
- Protein: 10 g
- Total Calories: 256 Calories

### DIRECTIONS

Add all of the ingredients in an air tight jar and store somewhere cool or immediately divide the trail mix into 3 mini plastic bags.

## GREEK YOGURT & BERRY PARFAIT



### INGREDIENTS

1 Cup of Greek Yogurt  
1/2 Cup of Mixed Berries  
1/4 Cup of Granola

### NUTRITIONAL VALUE

Fat: 9 g  
Carbs: 33 g  
Protein: 26 g  
Total Calories: 313 Calories

### DIRECTIONS

Combine the greek yogurt, mixed berries and granola in a bowl.

# OATMEAL COOKIES



## INGREDIENTS

(8 Cookies)

1 Cup of Gluten Free Oatmeal

1 Ripe Banana

1 tsp of Cinnamon

Optional: Add nuts, dried fruit or chocolate chips to customize the cookies to your liking.

## NUTRITIONAL VALUE

(per cookie)

Fat: 1 g

Carbs: 19 g

Protein: 3 g

Total Calories: 99

Calories

## DIRECTIONS

Preheat the oven at 375F/200C. In a bowl mash the banana and add the oats, cinnamon and any additional ingredients if you choose. Mix until it forms a sticky and even mixture.

Divide the mixture in 8 cookies on a baking sheet and bake for 8 minutes.

# 28 DAY MEAL PLAN

# Week 1

	SUN	MON	TUE	WED	THUR	FRI	SAT
Breakfast	Green Protein Smoothie	Superfood Oatmeal	Protein Smoothie Superfood	Superfood Oatmeal	Protein Smoothie Superfood	Superfood Oatmeal	Banana Pancakes
Lunch	Tuna Wraps	Power Bowl (leftovers)	Sweet Potato Salmon Cakes (leftovers)	Beef Fajita Bowl (leftovers)	Chicken Cobb Salad (leftovers)	Baked Salmon	Chicken Curry (leftovers)
Dinner	Power Bowl	Sweet Potato Salmon Cakes	Beef Fajita Bowl	Chicken Cobb Salad	Eat Out Using the Clean Eating Guide Guidelines	Chicken Curry	Tomato Garlic Spaghetti Squash
Snack	Hummus & Cucumber Sticks	Cacao Coconut Balls	Hummus & Cucumber Sticks	Cacao Coconut Balls	Hummus & Cucumber Sticks	Cacao Coconut Balls	Hummus & Cucumber Sticks

# Week 2

	SUN	MON	TUE	WED	THUR	FRI	SAT
Breakfast	Raspberry Coconut Smoothie	Chocolate Overnight Oats	Raspberry Coconut Smoothie	Chocolate Overnight Oats	Raspberry Coconut Smoothie	Chocolate Overnight Oats	Banana Pancakes
Lunch	Tomato Garlic Spaghetti Squash (leftovers)	Chicken Quinoa Avocado Salad (leftovers)	Zucchini Noodles & Bolognese (leftovers)	Chicken Almond Butter Stir Fry (leftovers)	Turkey Lettuce Burgers (leftovers)	Crunchy Kale Salad	Shrimp Pad Thai (leftovers)
Dinner	Chicken Quinoa Avocado Salad	Zucchini Noodles & Bolognese	Chicken Almond Butter Stir Fry	Turkey Lettuce Burgers	Eat Out Using the Clean Eating Guide Guidelines	Shrimp Pad Thai	Beef & Broccoli
Snack	Seed Crackers & Guacamole	Carrots & Almond Butter	Seed Crackers & Guacamole	Carrots & Almond Butter	Seed Crackers & Guacamole	Carrots & Almond Butter	Seed Crackers & Guacamole

# Week 3

	SUN	MON	TUE	WED	THUR	FRI	SAT
Breakfast	Chocolate Banana Smoothie	Veggie Scramble & Avocado	Chocolate Banana Smoothie	Veggie Scramble & Avocado	Chocolate Banana Smoothie	Veggie Scramble & Avocado	Banana Pancakes
Lunch	Tuna Wraps	Power Bowl (leftovers)	Sweet Potato Salmon Cakes (leftovers)	Beef Fajita Bowl (leftovers)	Chicken Cobb Salad (leftovers)	Baked Salmon	Chicken Curry (leftovers)
Dinner	Power Bowl	Sweet Potato Salmon Cakes	Beef Fajita Bowl	Chicken Cobb Salad	Eat Out Using the Clean Eating Guide Guidelines	Chicken Curry	Tomato Garlic Spaghetti Squash
Snack	Apple Pie Bites	Greek Yogurt & Berry Parfait	Apple Pie Bites	Greek Yogurt & Berry Parfait	Apple Pie Bites	Greek Yogurt & Berry Parfait	Apple Pie Bites

# Week 4

	SUN	MON	TUE	WED	THUR	FRI	SAT
Breakfast	Blueberry Smoothie	Mini Omelettes	Blueberry Smoothie	Mini Omelettes	Blueberry Smoothie	Mini Omelettes	Banana Pancakes
Lunch	Tomato Garlic Spaghetti Squash (leftovers)	Chicken Quinoa Avocado Salad (leftovers)	Zucchini Noodles & Bolognese (leftovers)	Chicken Almond Butter Stir Fry (leftovers)	Turkey Lettuce Burgers (leftovers)	Crunchy Kale Salad	Shrimp Pad Thai (leftovers)
Dinner	Chicken Quinoa Avocado Salad	Zucchini Noodles & Bolognese	Chicken Almond Butter Stir Fry	Turkey Lettuce Burgers	Eat Out Using the Clean Eating Guide Guidelines	Shrimp Pad Thai	Beef & Broccoli
Snack	Oatmeal Cookies	Easy Trail Mix	Oatmeal Cookies	Easy Trail Mix	Oatmeal Cookies	Easy Trail Mix	Oatmeal Cookies

# GROCERY LISTS

# GROCERY SHOPPING TIPS

The grocery lists are as precise as possible and here are a few tips:

1. Ingredients like coconut oil and olive oil are only on the first week's grocery list because they are used daily so be aware if you run out you will need to re-purchase these.
2. Ingredients like Almond Butter, Coconut Aminos, Tahini, Almond Flour, Chia Seeds, Oats, Quinoa, and baking ingredients are listed in the grocery lists usually as a few tablespoons but I highly recommend to buy these in bulk and before heading to the grocery store check if you already have them in your pantry.
3. The vegetables are sometimes rounded o , for example when you need two cups of broccoli in a recipe you will only be able to purchase a full head. In this case I encourage you to use the extra vegetables in other meals or use it as dipping vegetables if hummus is your planned snack for the week.
4. There are also recipes with protein powder as an ingredient. Protein powders can be bought by the serving or in a big container. I recommend going to the container if it is something you plan on using past the 28 Day Meal Plan. If not then finding single servings may be best.
5. Bananas! There are always bananas needed in smoothies every week so if you buy too many or they are on sale feel free to stock up and freeze them.
6. Many of these recipes call for fresh herbs like parsley and basil. To save money I recommend getting these two herbs as a small plant. They are very easy to maintain and don't cost much.
7. Use any excess vegetables to snack on during the week when you are hungry.
8. Lastly, always check the fridge and pantry before you head out to the grocery store with your list to make sure there are no left overs.

# GROCERY LIST - WEEK 1

## FRUITS & VEGETABLES

3 Bananas  
 1 1/2 Cup of Berries  
 5 Avocados  
 1 Lemon  
 4 Cups of Kale  
 7 Cups of Spinach  
 2 Sweet Potatoes  
 1 Small Spaghetti Squash  
 2 Red Bell Peppers  
 1 Small Head of Broccoli  
 1 Small Head of Cauliflower  
 1 Carrot  
 10 Stalks of Asparagus  
 1 Cucumber  
 2 Stalks of Celery  
 1/4 Cup of Green Onions  
 1 Red Onion  
  
 3 Onions  
 5 Cloves of Garlic

## MEAT, EGGS & SEAFOOD

32 oz of Chicken Breast  
 5 Egg  
 4 Slices of Bacon  
 8 oz Beef Sirloin Strips  
 12 oz Salmon Filet  
 1 Can of Tuna

## GRAINS, BEANS & LEGUMES

1 1/2 Cup of Gluten Free Oatmeal  
 2 Brown Rice Tortilla Wraps  
 3/4 Cup of Brown Rice  
 1 Can of Chickpeas

## NUTS & SEEDS

1 3/4 Cups of Almonds  
 3 Tbsp of Chia Seeds

## BAKING SUPPLIES

1/2 Cup of Almond Flour  
 1/2 Cup of Shredded Coconut  
 8 Medjool Dates  
 2 Tbsp of Raw Cacao Powder

## CONDIMENTS

Organic Coconut Oil  
 Extra Virgin Olive Oil  
 6 Cups of Almond Milk  
 1 Can of Coconut Milk  
 1 Can of Diced Tomatoes  
 1/4 Cup + 1 Tbsp of Tahini

## HERBS & SPICES

Sea Salt  
 Ground Black Pepper  
 Ground Cinnamon  
 Ground Paprika  
 Garlic Powder  
 Onion Powder  
 Cayenne Powder  
 Ground Turmeric  
 Ground Cumin  
 Ground Ginger

## EXTRA

3 Servings of Vanilla Protein Powder

# GROCERY LIST - WEEK 2

## FRUITS & VEGETABLES

2 Bananas 3 Cups of Raspberries 4 Avocados 2 Limes 1 Lemon 2 Cups of Kale 2 Cups of Spinach 4 Cups of Broccoli 2 Zucchinis 1 Red Bell Pepper 8 Carrots 1 Cucumber 1 Tomato 10 Mushrooms 2 Cups of Bean Sprouts 1/2 Cup of Green Onions 1 Red Onion

3 Onions  
4 Cloves of Garlic

## MEAT, EGGS & SEAFOOD

16 oz of Chicken Breast  
450 g of Ground Turkey  
8 oz Beef Sirloin Strips  
450 g of Ground Beef  
8 oz of Shrimps

## GRAINS, BEANS & LEGUMES

1 1/2 Cup of Gluten Free Oatmeal  
12 oz of Brown Rice Noodles  
1/2 Cup of Brown Rice  
1/2 Cup of Quinoa  
1/2 Cup of Chickpeas

## NUTS & SEEDS

1/2 Cup + 2 Tbsp of Chia Seeds  
1/4 Cups of Sesame Seeds  
1/4 Cups of Sunflower Seeds

## BAKING SUPPLIES

3 Tbsp of Raw Cacao Powder  
3 Tbsp of Maple Syrup

## CONDIMENTS

3 1/2 Cup of Coconut Milk  
3 Cups of Almond Milk  
1/4 Cup of Tomato Paste  
3/4 Cup of Coconut Aminos  
1/4 Cup + 3 Tbsp of Almond Butter  
1 Tbsp of Tahini

## HERBS & SPICES

Herb Mix Seasoning

## EXTRA

3 Servings of Vanilla Protein Powder  
3 Servings of Chocolate Protein Powder

## GROCERY LIST - WEEK 3

## FRUITS &amp; VEGETABLES

3 Bananas  
1 1/2 Cup of Mixed Berries  
7 Avocados  
1 Lemon  
4 Cups of Kale  
7 Cups of Spinach  
2 Sweet Potatoes  
1 Small Spaghetti Squash  
3 Red Bell Peppers  
1 Small Head of Broccoli  
1 Small Head of Cauliflower Rice  
1 Carrot  
10 Stalks of Asparagus  
1 Cucumber  
2 Stalks of Celery  
6 Mushrooms  
1/4 Cup of Green Onions  
  
2 Red Onions  
3 Onions  
4 Cloves of Garlic

## MEAT, EGGS &amp; SEAFOOD

32 oz of Chicken Breast  
9 Egg  
4 Slices of Bacon  
8 oz Beef Sirloin Strips  
12 oz Salmon Filet  
1 Can of Tuna

## Grains, Beans &amp; Legumes

2 Brown Rice Tortilla Wraps  
3/4 Cup of Brown Rice  
3/4 Cup of Granola

## NUTS &amp; SEEDS

1 Cup of Walnuts

## BAKING SUPPLIES

1 Cup of Dried Apples  
1/2 Cup of Almond Flour  
1/4 Cup + 2 Tbsp of Raw Cacao Powder  
8 Medjool Dates

## CONDIMENTS

1 Can of Coconut Milk  
3 Cups of Almond Milk  
1 Can of Diced Tomatoes  
1 Tbsp of Tahini

## EXTRA

3 Servings Chocolate Protein Powder  
3 Cups of Greek Yogurt

## GROCERY LIST - WEEK 4

## FRUITS &amp; VEGETABLES

4 Bananas 3 Cups of  
Blueberries 2 Avocados 1  
Lemon 2 Cups of Kale 3  
1/2 Cups of Spinach 3  
Tbsp of Fresh Basil 1  
Head of Broccoli 2  
Zucchinis 1 Red Bell  
Pepper 2 Carrots 1  
Cucumber 4 Tomatoes  
10 Mushrooms 2 Cups of  
Bean Sprouts 1/2 Cup of  
Green Onions 1 Red  
Onion

3 Onions  
4 Cloves of Garlic

## MEAT, EGGS &amp; SEAFOOD

16 oz of Chicken Breast  
9 Eggs  
450 g of Ground Turkey  
8 oz Beef Sirloin Strips  
450 g of Ground Beef  
8 oz of Shrimps

## Grains, Beans &amp; Legumes

1 Cup of Gluten Free Oatmeal  
12 oz of Brown Rice Noodles  
1/2 Cup of Brown Rice  
1/2 Cup of Quinoa  
1/2 Cup of Chickpeas

## NUTS &amp; SEEDS

1/4 Cup of Almonds  
1/4 Cup of Pumpkin Seeds

## BAKING SUPPLIES

1/2 Cup of Coconut Chips

## CONDIMENTS

3 Cups + 1/2 Cup of Coconut  
Milk 1/4 Cup of Tomato Paste  
3/4 Cup of Coconut Aminos  
1/4 Cup of Almond Butter 1  
Tbsp of Tahini

## EXTRA

3 Servings of Vanilla Protein  
Powder

# Vision For My Health

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PRAYER: GOD GIVE ME CLARITY & VISION FOR MY HEALTH  
WRITE IT DOWN

WRITE YOUR PERSONAL HEALTH INVENTORY BELOW  
EXAMPLE: I DON'T SLEEP WELL, I HAVE NO ENERGY, I AM DEPRESSED,  
I CRAVE SUGAR

DESCRIBE IN DETAIL YOUR PERFECT VISION OF HEALTH FOR  
YOURSELF

HOW WOULD YOUR LIFE BE DIFFERENT IF THE PERFECT VISION OF  
YOUR HEALTH WAS A REALITY

# Vision For My Health

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HERE IS MY 45 DAY COMMITMENT TO MY HEALTH. (WRITE BELOW)

AFFIRMATION: I AM HEALTHY AND WHOLE. I LOVE TAKING CARE OF MY BODY. WHEN I GET BETTER, EVERYONE AROUND ME GETS BETTER TOO



# Fasting Do's & Don'ts

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Do: Pray all day when you feel weak or tired or hungry.

Don't : Eat sugary snacks at all

Do: Stay busy

Don't : Skip the snacks on the cleanse schedule

Do: Drink a lot of clean plain water

Don't : Exceed 400 calories for the day

Do: Follow the cleanse schedule and set alarms on your phone to remind you

Don't : Stress out, know you're giving your body a much needed break

# BENEFITS OF INTERMITTENT FASTING

## 1. Promotes Blood Sugar Control

Several studies have found that intermittent fasting can be an effective strategy to help support healthy blood sugar levels. In fact, one study evaluated the effects of fasting during Ramadan in 20 healthy men and showed that blood sugar levels declined by 12% over the course of the entire month. Not only that, but they also experienced an increase in insulin sensitivity, as insulin levels decreased by a whopping 53%.

Insulin is the hormone responsible for shuttling sugar from the bloodstream into the cells, and decreasing circulating levels of insulin can be incredibly beneficial when it comes to blood sugar control. This is because having high levels of insulin—often due to factors like an unhealthy diet or physical inactivity—can cause your body to become less sensitive to its effects, translating to higher blood sugar over time.

## 2. Supports Healthy Weight Maintenance

Many people have started using intermittent fasting for weight loss, and for good reason. Multiple studies have found that fasting can reduce body fat and rev up weight loss to support weight management. According to one study, 3-12 weeks of alternate-day fasting was effective at reducing body weight by up to 7% and increasing fat loss while also improving cholesterol and triglyceride levels.

Plus, other research shows that fasting can reduce levels of leptin, the hormone responsible for promoting feelings of fullness and satiety. While this may sound counterintuitive for weight loss, it can actually be effective at combatting leptin resistance, ensuring that your body is able to use this hormone more efficiently to keep your appetite in check.

## 3. Boosts Brain Health

In recent years, researchers have continued to solidify the close link between food and mental health, demonstrating that what you put on your plate could play a key role in regulating focus, attention span, memory, and more. Interestingly enough, a 2015 animal study actually showed that chronic interval fasting actually improved several markers of cognitive function, including learning and memory. Similarly, another study found that intermittent fasting preserved brain function by reducing inflammation. As of now, however, most research on the potential impact of interval fasting for brain health is limited to animal studies and test-tube trials. More studies are needed to determine whether intermittent fasting can actually improve brain function in humans.

#### 4. Relieves Chronic Inflammation

Inflammation is a normal response by the immune system and an important one at that. It protects the body against foreign invaders and helps prevent illness, infection, and injury to the cells.

Chronic inflammation, on the other hand, can actually be harmful, with some research indicating that it could even contribute to the development of serious conditions like heart disease and cancer. It can also cause the immune system to attack healthy cells in the body, triggering symptoms of autoimmune conditions like rheumatoid arthritis and inflammatory bowel disease.

Some studies show that intermittent fasting could be beneficial for easing inflammation to support better health. For example, one trial conducted in Saudi Arabia showed that fasting during the day was linked to lower levels of several proteins used to measure inflammation, including IL-1 $\beta$ , IL-6, and tumor necrosis factor  $\alpha$ .

#### 5. Enhances Heart Health

Responsible for pumping out about 75 gallons of blood every single hour, there's no question that the heart is one of the most important organs in the body. When paired with a nutritious diet and active lifestyle, intermittent fasting can be an effective tool to defend against heart disease and help keep your heart healthy and strong.

One study actually found that fasting for four weeks led to improvements in cholesterol and triglyceride levels as well as reductions in systolic blood pressure and belly fat, all of which are major risk factors for heart disease. As if that wasn't enough, another study also showed that intermittent fasting significantly increased survival rates by nearly four-fold in rats who suffered a heart attack.

## Drawbacks/Precautions

So is intermittent fasting right for you? Despite the impressive set of benefits associated with this popular eating plan, it's definitely not a good fit for everyone.

For example, if you have diabetes, you should talk to your doctor before starting intermittent fasting, as going long periods without eating can cause dangerous dips and spikes in blood sugar levels.

Furthermore, intermittent fasting for women who are pregnant or breastfeeding is also not recommended, as it could potentially increase the risk of nutritional deficiencies or problems with fetal growth and development. Instead, it's best to work with a registered dietitian to help achieve your health goals while providing your body with the nutrients it needs throughout the day.

Fasting for long periods is also not recommended for women, as it may disrupt the secretion of certain hormones, which can lead to irregular periods, infertility, and a slew of other negative effects on health. Therefore, it's best to practice intermittent fasting in moderation and stick to shorter periods of fasting with fewer fasting days to maximize results. Intermittent fasting is also not recommended for children and teenagers, those with a history of eating disorders, or those with health issues such as thyroid problems or gallstone disease, as it could worsen these conditions.

Whether you're a competitive athlete or casual gym-goer, it's also important to listen to your body and avoid pushing yourself too hard; while moderate activity is typically fine during intermittent fasting, try to build your workout routine around the days that you're eating regularly. If you start feeling sluggish or shaky when you start intermittent fasting, try having a small snack and a glass of water to see if symptoms subside. Finally, keep in mind that intermittent fasting isn't a substitute for a healthy diet. Even with fasting, it's still important to be sure that you're getting lots of nutrient-dense foods in your diet to optimize health.

Be sure to contact me directly if you'd like information on a specific fasting protocol and regimen.