

# The Clean-Eating Guide

**10 Pound Slimdown Xtreme is a system of two parts - exercise and nutrition. Both are essential to getting results.**

For many of you, "DIET" is an intimidating word. Let's rearrange the letters and call it "EDIT"...that's right, "edit" your food choices.

Being a health and fitness expert as well as a mother of 3 teenagers it's important to help my clients feel great and see my family living a healthy lifestyle. I am constantly preaching the idea that when you eat better, you perform better! You will perform better on the job, in your relationships, and in all your activities when your body is working at its top potential.

This 12 page guide includes everything you need to get started on the right path to Clean Eating. Complete with a checklist, journal and recipes, you will be well prepared on your road to weight loss.

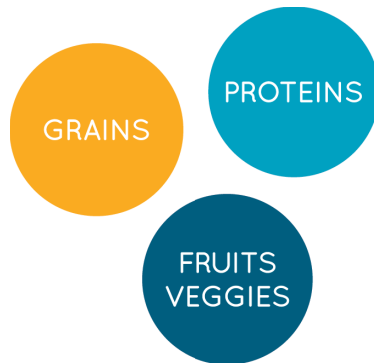


Exercise TV™ PRESENTS

**10 POUND**  
**SLIMDOWN Xtreme**  
WITH CHRIS FREYTAG

## Clean Eating

CLEAN EATING HAS 3 MAIN COMPONENTS:



1 Choose whole grains that are minimally processed.

2 Choose lean proteins prepared in healthy ways

3 Load-up on fruits and veggies



CLEAN EATING is not a temporary program but rather a lifestyle ... so allow yourself to transition overtime. With a little bit of organization and planning meals ahead you should be fully transition in less than 1 week!

## Getting Started

### QUICK TIPS:

- Eat foods that are free of heavy sauces and sweeteners
- Eat whole fruit rather than juice
- Eat five or more servings of fruits and vegetables a day

### THE PLAN

The Slimdown Meal Plan gives you about 1600 calories per day. Each meal and snack is approximately 400 calories and is balanced in carbohydrate (40%), protein (30%), and fat (30%) to help you lose fat but maintain muscle. This balance plus fiber-rich foods should keep you satisfied while fueling your workouts.

Breakfast	400 Calories
Lunch	400 Calories
Snack	150 - 200 Calories
Dinner	400 Calories
Snack	150 - 200 Calories
<b>Total</b>	<b>1500 - 1600 Calories a Day</b>

## Your Clean-Pantry Checklist

### REFRIGERATOR BASICS

- Skim milk or Fat-free soymilk
- Low-fat almond milk
- Non-fat plain yogurt, 0% fat Greek yogurt
- Low-fat cottage cheese
- Parmesan cheese
- Part-skim string cheese
- Eggs
- Egg whites in the carton (for convenience)
- Water-packed tofu, Baked-seasoned tofu
- Thin-sliced turkey breast for snacks and sandwiches
- Salad greens
- Cut up veggies like carrots, celery, cucumbers for dipping
- Fresh fruit (melon, bananas, apples, oranges, grapefruit, berries, peaches, pears, kiwis – look for seasonal for the best flavor)



### FREEZER BASICS

- Frozen vegetables: spinach, Brussels sprouts, broccoli, asparagus, cauliflower, edamame soy beans, peapods, corn, bell peppers, etc.
- Frozen berries, peaches, mango, etc.
- Whole grain bread, tortillas
- Frozen shrimp, fish
- Fruit juice pops or low calorie popsicles



### CANNED GOODS & BOTTLED ITEMS

- Canned tomatoes, tomato paste
- Reduced-sodium vegetable broth and/or chicken broth, beef broth
- Canned beans: cannellini beans, chickpeas, black beans, red kidney beans, lentils
- Chunk light tuna and salmon
- Whey protein powder



### GRAINS & LEGUMES

- Whole-wheat flour (Store opened packages in the refrigerator or freezer.)
- Assorted whole-wheat pastas
- Brown rice, rolled oats, whole-wheat couscous
- Dried lentils



## NUTS, SEEDS & FRUITS

- Walnuts, Pecans, Almonds, Dry-roasted unsalted peanuts, Sesame seeds, Sunflower seeds (Store opened packages of nuts and seeds in the refrigerator or freezer.)
- Natural peanut butter or other nut butters
- Assorted dried fruits, such as apricots, prunes, cherries, cranberries, dates, figs, raisins

## OILS, VINEGARS, CONDIMENTS, FLAVORINGS

- Extra-virgin olive oil for cooking and salad dressings
- Canola oil for cooking and baking
- Vinegars: balsamic, red-wine, white-wine, rice (or rice-wine), apple cider
- Reduced-sodium soy sauce
- Reduced-fat mayonnaise
- Dijon mustard
- Salsa
- Salt, black peppercorns
- Dried Onions, Garlic, Ginger
- Dried herbs: dill, crumbled dried sage, dried thyme leaves, oregano, tarragon, Italian seasoning blend
- Spices: allspice, chili powder, ground cinnamon, coriander seeds, cumin seeds, ground cumin, curry powder, ground ginger, dry mustard, nutmeg, paprika, crushed red pepper, turmeric
- Agave Nectar or Honey
- Unsweetened cocoa powder
- Semisweet chocolate chips
- Vanilla extract



## Helpful Tips

### EATING AT RESTAURANTS OR OUT WITH FRIENDS AFTER WORK:

- 01.** Ask for sauces to be served on the side
- 02.** Ask to have meats broiled or grilled instead of fried
- 03.** Ask for extra vegetables or side salad as a substitute for mashed potatoes, pasta, rice and avoid the bread basket!
- 04.** You have the right, as a restaurant customer, to ask for what you want!

### EATING AT A FRIEND OR FAMILY MEMBERS HOUSE:

- 01.** It's better to eat a small scoop of stuffing or a little sliver of pie than to feel deprived and left out.
- 02.** Learn how to politely but assertively decline "food pushers."
- 03.** Set an example - offer to bring a healthy dish to share.

## Sample Menus

Get prepared to follow the below sample menus. Go grocery shopping on Sunday and get everything you need to start your week off right.

### **MENU 1** BREAKFAST

1 Blueberry and Zucchini Bar  
1 cup low-fat cottage cheese with  
1 tbsp. ground flaxseed or chopped nuts  
1/2 cup sliced fruit or berries

### LUNCH

1 cup Pumpkin Black Bean Soup  
2-3 cups salad greens / chopped veggies, topped with  
1/2 cup seasoned chicken breast or baked tofu  
1 tbsp. of vinaigrette dressing

### DINNER

1 serving Lemon and Tarragon Whitefish  
1 cup cooked brown rice - seasoned to taste  
1 - 2 cups steamed veggies drizzled with  
1 tbsp vinaigrette

### SNACK

1 Popeye Smoothie  
3 graham cracker squares  
1 tbsp. nut butter

### **MENU 2** BREAKFAST

1 serving Banana Bread Oatmeal  
1 cup skim milk or fat-free soy milk

### LUNCH

1 Caprese Sandwich  
2-3 cups salad green topped with  
1/2 cup garbanzo beans  
1 tbsp. fat free dressing

### DINNER

1 Stuffed Pepper  
1 whole grain roll  
1 tsp. buttery spread sprinkled with dried herbs

### SNACK

2 tbsp. Baked Lentil Snacks  
1 cup raw veggie slices  
1 fresh fruit or 1/2 cup dried fruit  
1 string cheese

*Find more sample menus at  
[www.10poundslimdown.com](http://www.10poundslimdown.com)*

## Recipe 01

### BLUEBERRY AND ZUCCHINI BARS

Prep time: 25 mins | Cook time: 40 mins | Serves: 24

Calories: 145 | Fat: 1g | Protein: 3g | Carbs: 32.5g | Fiber: 2g

*"These delicious breakfast bars are not only packed with antioxidant-rich blueberries but also nutritious zucchini that bulks them up without adding any unusual flavor. Simply grate the zucchini using a cheese grater for the best texture."*

#### YOU WILL NEED:

Nonstick cooking spray  
1 large egg white  
1 cup apple sauce  
1 tablespoon vanilla extract  
2 cups sugar  
2 cups all-purpose flour  
1 cup whole wheat flour  
1 teaspoon salt  
1 teaspoon baking powder  
1/2 teaspoon baking soda  
1 tablespoon ground cinnamon  
2 cups grated zucchini  
1 pint blueberries



**01.** Preheat oven to 350 degrees F. Spray two 9x9 inch baking dishes with nonstick cooking spray. You may also use silicone, muffin, brownie, bar, or mini loaf pans.

**02.** In a large mixing bowl, whisk together egg white, apple sauce, vanilla extract, and sugar.

**03.** In a separate mixing bowl, combine flour, wheat flour, salt, baking powder, baking soda, and cinnamon.

**04.** Add dry ingredients to the wet ingredients, stirring just until all is combined and a batter is formed.

**05.** Gently fold zucchini and blueberries into the batter and then divide equally between the two greased baking dishes.

**06.** Bake 35-40 minutes, until a toothpick inserted into the center of the bars comes out clean. Let cool 15 minutes before cutting each dish into 12 bars. Serve warm or at room temperature.

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**Zucchini** is a great source of folate, potassium, and vitamin A. At only about 25 calories each and the ability to quickly absorb flavors, zucchini make wonderful "fillers" to help you bulk up any dish with very little caloric or flavor impact.



## Recipe 02

### PUMPKIN BLACK BEAN SOUP

Prep time: 15 mins | Cook time: 30 mins | Serves: 8

Calories: 235 | Fat: 4.5g | Protein: 10g | Carbs: 42g | Fiber: 10.5g

*"Pumpkin and black beans may not seem like the perfect match, but this soup will definitely prove otherwise. Savor it on a winter's coldest days."*

#### YOU WILL NEED:

2 tablespoons olive oil  
1 yellow onion, diced  
3/4 cup diced celery  
3/4 cup diced carrots  
3 cloves garlic, minced  
1 cup red wine  
3 (15-ounce) cans black beans,  
drained and rinsed  
1 (15-ounce) can pumpkin  
1 (15-ounce) can diced  
tomatoes  
4 cups low-sodium  
vegetable broth  
1 tablespoon ground cumin  
1 tablespoon hot sauce



**01.** Heat olive oil in a large pot over medium-high heat.

**02.** Add onion, celery, and carrots to the hot pan and sauté until vegetables have softened. Add garlic and sauté 1 additional minute.

**03.** Pour red wine over vegetables in the pot and let simmer until the wine has reduced by about half.

**04.** Add all remaining ingredients and bring up to a boil. Reduce heat to low and let simmer 25 minutes.

**05.** Season with salt and pepper to taste and serve hot. For a smoother consistency; puree the finished soup using a hand-held blender or cool slightly before transferring to a regular blender in small batches. Return to the heat and bring back up to a simmer before serving.

**Pumpkin** is extremely high in antioxidants and beta-carotene, which can help regenerate cells in the body. This effect makes it a great "age reversing" food. It's smooth and thick consistency is a great way to naturally thicken dishes like this soup.

## Recipe 03

### POPEYE SMOOTHIE

Prep time: 5 mins | Cook time: none | Serves: 1

Calories: 195 | Fat: 0.5g | Protein: 24g | Carbs: 26g | Fiber: 3g

*"Although this smoothie's color can easily give away the fact that it is loaded with a boost of healthy spinach leaves, I promise you that the frozen peaches and pineapples that are blended in as well make this a delicious treat that truly tastes nothing like it looks."*

#### YOU WILL NEED:

1/2 cup frozen peach slices

1/2 cup frozen pineapple chunks

1 (7-ounce) container fat-free plain Greek yogurt  
(may use regular yogurt)

1 cup fresh spinach leaves

1 cup diet sweetened iced tea  
(diet green tea beverages are the best!)

**01.** Place all ingredients into a blender.

**02.** Pulse a few times to roughly chop the frozen fruit before blending until drink is entirely smooth, about 1 minute. Serve immediately.

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**Spinach** is loaded with vitamins, minerals, and antioxidants, which truly makes this smoothie a knockout. When you combine the spinach with the peaches and pineapple, this recipe gives you 3 of your 5-9 recommended fruit and vegetable servings for the day.



## ■ The Clean Eating Journal

### WHAT TO TRACK IN YOUR JOURNAL:

- Log portion sizes - use a measuring cup or food scale.
- Log what you ate for each meal
- Note your hunger and fullness after meals (the goal is to never get too hungry or too full)
- Note your emotions or feelings when eating to track non-hunger reasons for eating such as stress, boredom, procrastination.



**QTY Meal**

**Calories Hunger Scale**

6 — 5 — 4 — 3 — 2 — 1 — 0  
 Too Full Satisfied Too Hungry

QTY Meal	Calories	6	5	4	3	2	1	0
		Too Full		Satisfied			Too Hungry	
1/2 cup of Oatmeal	150							
w/ cinnamon								
1 peach	40							
2 tsp flaxseed oil	80							
1/2 cup light Soy Milk	35							
3 eggwhites scrambled	45							
<b>TOTAL BREAKFAST</b>	<b>400</b>		X					
<b>1 SNACK</b>	<b>100</b>			X				
2 Corn Tortillas	100							
3 oz Chicken Breast	140							
1/5 avocado	65							
and salsa	20							
<b>TOTAL LUNCH</b>	<b>330</b>			X				
1 Light Yogurt	90							
1 tbsp sunflower seeds	50							
<b>TOTAL SNACK</b>	<b>140</b>			X				
4 oz of raw or steamed shrimp	110							
3 cups stir fried veggies	100							
2 tsp olive oil	80							
Large lettuce leaves	20							
1 tbsp low sodium soy sauce	20							
<b>TOTAL DINNER</b>	<b>400</b>				X			
1 light string cheese sticks	60							
1 chopped apple	90							
<b>TOTAL SNACK</b>	<b>150</b>				X			
<b>» DAILY TOTAL</b>	<b>1520</b>				X			

Download a clean version of the journal page at [www.10poundslimdown.com](http://www.10poundslimdown.com)

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**Calories Hunger Scale**

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3 eggwhites scrambled	45							
<b>TOTAL BREAKFAST</b>	<b>400</b>							
<b>1 SNACK</b>	<b>100</b>							
2 Corn Tortillas	100							
3 oz Chicken Breast	140							
1/5 avocado and salsa	65 20							
<b>TOTAL LUNCH</b>	<b>330</b>							
1 Light Yogurt	90							
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