

## **The Lean & Clean Diet**

This eating program is not so strict that you feel as if you're on a hard-core "diet". The Lean & Clean Diet is a comfortable eating plan that will help you lose about five pounds of unwanted fat in about two weeks. It's a great way to get started on changing your eating habits and adapt yourself to consuming fewer calories each day. It will help get rid of that "puffy" look and start to trim you up.

### **Foods:**

#### **Lots of fruits and vegetables all day.**

- All fruits are allowed. Only one banana a day. We suggest that you eat the banana when you are most hungry. Fruit is filling :-}
- Be careful to not over do the fruits as your blood sugar can spike. Especially berries, cherries & grapes.
- Lots of vegetables – raw or lightly steamed.
- Exceptions: Skip the starchy veggies like corn, peas, legumes, potatoes and yams.

#### **Three to Four portions of protein a day.**

- Portion size: No more than the palm of your hand.
- Protein choices would include: Grilled chicken or fish (i.e. salmon, halibut, etc). Tuna fish in a can is fast and easy.
- Salads are fast and easy, add your protein and you're good to go.
- For breakfast (or lunch) you can take 5 or 6 egg whites and make an omelet, or scramble them.
- Warning: Dressings and sauces are super high in calories – take it easy!

### **Liquids:**

- All the water and herbal tea you want. Vegetable juices are great too; just take it easy with carrot or tomato juice.
- No fruit juices! You can absorb your entire caloric intake with fruit juices alone.

## **On the Run:**

- You can get a grilled chicken salad just about anywhere (dressing on the side) – i.e. Zuzu's, La Salsa or Panera.
- In a pinch steamed vegetables are easy to get at Chinese food restaurants - light on the brown sauce. There are of course better places.

## **Vices:** If you must :-}

- One cup of coffee and one glass or wine (preferably red) a day. Red has the most nutritional value.
- One diet soda ... again, only if you must.

## **Exercise:**

- Workout 3 times a week. Just do it - at least 20 minutes of cardio each time. Satori Sport is a great workout option :-}
- De-stress and lower the fat storing hormone called Cortisol. Satori Flow is a great way to reduce stress and quickly relax.

## **Clarity:**

- If it isn't mentioned in the diet, then it is probably out. Like can I have a small amount of bread? Well if you don't see it listed then we're recommending that you don't eat it.