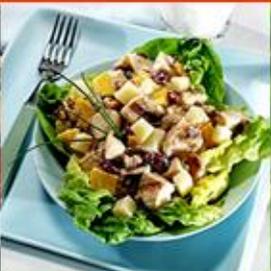


# Clean Eating Food Plan

Delicious clean eating plan that shows you higher quality foods to eat with recipes.



Breakfasts Lunches Dinners Desserts Appetizers Smoothies



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# Introduction

Welcome to the 1-Week Clean Eating Plan! This is an extraordinary way to kick start your fat loss journey to success with a simple to follow plan. I'm excited to see how well your results turn out after following our meal plans!

You'll be given 4 meals per day to eat. These are hearty meals that fill you up. The meals that are planned out for today and the upcoming weeks are packed with protein to keep you fuller for longer during the day.

The meals are laid out accordingly for breakfast, lunch, a snack, and dinner. If you get a late start to the day you can swap snacks and dinners around so you can schedule your meals better. We want you to incorporate this plan to fit your schedule. These meals will help you reduce inflammation, avoid gluten, and boost your energy levels.

You should stick to every meal that is planned out for you to have success. Skipping a meal can cause your blood sugar levels to dip too low and prevent your body from burning fat. If you ever feel hungry after a meal you can increase your portion size. You should never feel hungry following the plan.

The Slim Down Smart team has also included a shopping list to ensure you have everything you need. This way you can save time and be efficient when planning and preparing meals.

You may already have most of the items on the shopping list. Just make sure to double check. When you're grocery shopping we recommend you buy organic produce and poultry to ensure quality.

Fruits and vegetables are recommended to be bought organic unless you're peeling the outer shell or peel off the fruit or vegetable. Meats should be bought organic to remove harmful hormones and antibiotics.

Although we do recommend organic, it's not necessary if you're on a limited budget. We're excited to see your results once you've finished the plan! If you have any questions please contact us so we can help you! <http://slimdownsmart.com/contact>

*Matt Green*

Nutritionist & Exercise Consultant

# Week 1 Shopping List

## Vegetables

1 bag of spinach  
1 bag of spring mix salad  
2 bags of green beans  
3 bell peppers  
5 onions  
1 sweet potato  
1 egg plant  
1 cauliflower  
5 heads of broccoli  
Grape tomatoes  
3 avocados

## Poultry

1 dozen - eggs

## Extras

1 box - wild rice  
1 bag - quinoa  
1 jar - teras whey protein  
2 jars - crusher tomatoes  
1 block - organic cheddar cheese  
1 clove - garlic  
2 cans - pinto beans  
1 container - almond milk  
1 bottle - vanilla  
1 container - kefir  
1 container - salsa  
2 cans - black beans  
1 dozen eggs  
1 bag almond flour

## Oils & Butter

1 bottle - olive oil  
1 Bottle - balsamic vinegar  
1 stick - grass fed butter

## Fruits

1 bag of blueberries  
1 bag of frozen strawberries  
1 apple  
4 bananas

## Nuts, Seeds & Nut Butters

1 bag - macadamia Nuts  
1 bag - raw almonds  
1 bag - sunflower seeds  
1 bag - cashews

## Spices & Salts

1 container - cinnamon  
1 container - sea salt  
1 container - black pepper  
1 container - chili powder  
1 container - cumin  
1 container - cilantro  
1 container - garlic powder  
1 container - cayenne pepper

## Extras

1 block of mozzarella cheese  
1 container of feta cheese  
2 containers of vegetable broth

# Meal Plan Day 1

Breakfast	Serving Size	Time
Protein Power Smoothie (See Recipe Below)	1 Medium Glass	9am – 10am
Lunch	Serving Size	Time
Balsamic Feta Salad (See Recipe Below)	Until Satisfied	12pm – 1pm
Snack	Serving Size	Time
Macadamia Nuts	1 Handful	2pm – 3pm
Dinner	Serving Size	Time
Broccoli Cheddar Soup (See Recipe Below)	2 Cups	4pm – 6pm

## NOTES:

The smoothie is a quick breakfast recipe that can be made within 3-5 minutes. It tastes great and keep you full for several hours.

The balsamic feta salad is the perfect lunch that fills you up. The feta cheese is a great source of protein that will keep you fuller for longer.

Nuts are a great snack. They're convenient and can be eaten on the go. It's a smart idea to constantly provide your body with a variety of nuts.

I've always loved eating broccoli cheddar soup at restaurants but the problem with the restaurant version is that is extremely processed. This recipe is clean and avoids all processed ingredients.

# Meal Plan Day 2

Breakfast	Serving Size	Time
2 Eggs + 1 cup Spinach + ¼ Onion + ¼ Pepper	1 Serving	9am – 10am
Lunch	Serving Size	Time
Veggie Burrito Bowl (Recipe Below)	1 Serving	12pm – 1pm
Snack	Serving Size	Time
Raw Almonds	1 Handful	2pm – 3pm
Dinner	Serving Size	Time
½ cup Wild Rice, Green Beans, and Broccoli	1 Serving	4pm – 6pm

## NOTES:

I enjoy making this breakfast as an omelet. Typically I crack the eggs, mix the eggs in a bowl, and cook the eggs over the stovetop with butter. Once egg is cooked, I add in spinach, onion, pepper, and a little cheese on half of the omelet.

Once I fold the omelet over everything melds together.

The veggie burrito bowl adds some variety into your day with fresh greens. It tastes just like a burrito without the tortilla.

We recommend eating a lot of fibrous foods. They can help improve bowel movements and the excretion of toxins within the gut. Green beans and broccoli also have a lot of fiber and healthful nutrients. Green beans and broccoli also have a lot of fiber and healthful nutrients. You can prepare these 3 foods anyway you like. Mix them all together once cooked.

# Meal Plan Day 3

Breakfast	Serving Size	Time
Protein Power Smoothie (See Recipe Below)	1 Medium Glass	9am – 10am
Lunch	Serving Size	Time
Egg Avocado Salad	Until Satisfied	12pm – 1pm
Snack	Serving Size	Time
Handful of Sunflower Seeds	1 Handful	2pm – 3pm
Dinner	Serving Size	Time
Veggie Chili (See Recipe Below)	Until Satisfied	4pm – 6pm

## NOTES:

The breakfast smoothie is really flexible. You can add a variety of fruits and mix things up as you please.

The egg avocado salad is 100% clean and healthy. It serves great on a lettuce wrap and you can store any leftovers in the fridge. Avocados are a very fatty food. Avocados contain the right fats that help to burn fat.

One of the most popular recipes we recommend with Slim Down Smart is the Chili. Everyone loves eating the chili because it tastes so good. You can add a dab of sour cream for some added flavor.

# Meal Plan Day 4

Breakfast	Serving Size	Time
1 cup Quinoa + 1 cup Broccoli + 1 Tsp Butter	Until Satisfied	9am – 10am
Lunch	Serving Size	Time
Veggie Chili (Leftovers)	Until Satisfied	12pm – 1pm
Snack	Serving Size	Time
Strawberry Ice Cream (See Recipe Below)	1 Serving	2pm – 3pm
Dinner	Serving Size	Time
Breaded Eggplant and Mashed Cauliflower (See Recipe Below)	Until Satisfied	4pm – 6pm

## NOTES:

Quinoa is a super grain that's packed with 20 grams of protein per cup. The broccoli adds fiber and the butter adds more flavor. Delicious!

The strawberry ice cream is a nice sweet treat especially if you have cravings for any sweets. Easily make it in a blender.

# Meal Plan Day 5

Breakfast	Serving Size	Time
2 Eggs + 1 cup Spinach + ¼ Onion + ¼ Pepper	1 Serving	9am – 10am
Lunch	Serving Size	Time
Balsamic Feta Salad (See Recipe Below)	1 Serving	12pm – 1pm
Snack	Serving Size	Time
Apple w/ Cinnamon	1 Apple	2pm – 3pm
Dinner	Serving Size	Time
Broccoli Cheddar Soup (See Recipe Below)	1 Burger	4pm – 6pm

## NOTES:

The apple with cinnamon is a delicious treat. Sometimes I enjoy cutting the apple up and heating it up in a baking disk in the oven with cinnamon on top. It tastes and smells like an apple pie!

# Meal Plan Day 6

Breakfast	Serving Size	Time
Protein Power Smoothie (See Recipe Below)	1 Medium Glass	9am – 10am
Lunch	Serving Size	Time
Veggie Burrito Bowl (Recipe Below)	1 Serving	12pm – 1pm
Snack	Serving Size	Time
Handful of Sunflower Seeds	1 Serving	2pm – 3pm
Dinner	Serving Size	Time
1 cup each - Green Beans + Quinoa + Mozzarella Cheese	1 Serving	4pm – 6pm

## NOTES:

For dinner, you have by now experienced quinoa from a previous day. Mixing in green beans once you cook the quinoa and heating them up with some mozzarella adds a variety of flavor. You can also add some sea salt too.

# Day 7 Free Day

Today is day 7, which means it's a free day...

You can eat whatever you'd like. This mean treating yourself to a slice of pizza, or any of the other foods you enjoy.

You may eat 4 meals today and you must prepare a breakfast that you enjoyed on the plan this week.

I would recommend eating a healthy breakfast and then eating one or two meals that include your favorite foods. Free days can undo a lot of hard work from following the first week of meal plans.

Enjoy your day off of meal plans. Free days can help reset your hormones and give your body more variety. It's nice to take a day to relax and get ready for the next week.

## Protein Power Smoothie



### Ingredients - *Serves: 2*

- 1 Banana
- 1/4 cup Blueberries
- 2 scoops Tera's Whey Protein
- 1/2 cup Kefir
- 6 Ice Cubes

### Directions

1. Add all of the ingredients into a blender and mix well.

# Veggie Chili



## Ingredients - *Serves: 4*

- 2 tsp Butter, divided
- Sea Salt and Ground Black Pepper
- 1 cup chopped Red Bell Pepper
- 1 medium Onion, coarsely chopped
- 2 tsp Chili Powder
- 1 tsp Ground Cumin
- 1 medium 10oz jar of tomato sauce
- 1 clove Garlic, minced
- 2 cans of Pinto Beans

## Directions

1. Heat 1 tsp butter in a 3-quart saucepan over low heat. Cook the red pepper, onion, and garlic for 3–5 minutes, or until vegetables begin to soften. Add the chili powder and cumin, stirring for 1 minute.
2. Increase the heat to medium, and add the tomatoes and pinto beans. Bring to a boil over high heat. Reduce the heat to medium-low, and simmer uncovered for 15 minutes.
3. Serve and enjoy.

# Balsamic Feta Salad



## Ingredients - *Serves: 1*

- 1 handful spring salad mix
- 5 grape tomatoes
- 1 avocado
- 1 tbsp feta cheese
- 1 handful of cashews
- 3 tbsp. Olive Oil
- 3 tbsp. Balsamic Vinegar

## Directions

1. Wash salad mix and tomatoes, then add to your plate.
2. Slice avocado lengthwise and remove pit. Spoon out avocado into your salad.
3. Sprinkle feta cheese and cashew on top of your salad.
4. Mix balsamic vinegar and olive oil (10%/70%) and pour on top of your salad.

# Strawberry Ice Cream



## Ingredients - *Serves: 4*

- 12 frozen Strawberries
- 1 frozen Banana
- 2-3 cups Almond Milk
- 1 tsp. Vanilla

## Directions

1. Add the bananas, vanilla, strawberries, and almond milk in the blender and mix until creamy.
2. Take out of the blender and put into bowls. Enjoy!

# Broccoli Cheddar Soup

## Ingredients - *Serves: 5*

- 3 cups organic vegetable broth
- 2 cups chopped broccoli
- 1 small white onion, diced
- 1/4 cup kefir
- 1 1/2 cups organic cheddar cheese
- Sea salt and pepper to taste

## Directions

1. Stir together stock, diced onion, and broccoli in a medium saucepan. Heat over medium heat until it comes to a boil.
2. Reduce heat to medium, and continue boiling until the onions soften.
3. Stir in the kefir and continue cooking until the mixture returns to a simmer.
4. Remove from heat and stir in the cheese until melted.



# Veggie Burrito Bowl

## Ingredients - *Serves: 1*

- 1/4 cup Black Beans
- 1 teaspoon Vegetable Broth
- Pinch of Cumin
- Pinch of Cayenne
- Pinch of Garlic powder
- 1/2 cup Spring Salad mix
- 2 tablespoons fresh Salsa
- Fresh Cilantro, for garnish
- 1/2 sliced Onion, for garnish

## Directions

1. Heat black beans with chicken broth, cumin, cayenne, and garlic powder on the stove 5 minutes or until heated. Set aside.
2. Add salad mix to your bowl, and spoon black bean mixture on top. Serve with salsa, cilantro, and green onions on top!

# Breaded Eggplant and Cauliflower



## Ingredients - *Serves: 4*

- 1 eggplant
- 2 eggs
- 1 cup almond flour
- 1 jar of tomato sauce
- 1 head of cauliflower
- Mozzarella cheese for topping

## Directions

1. Peel eggplant and slice it into 1 inch pieces, crack 2 eggs into a bowl, and pour 1 cup of almond flour onto a sheet of wax paper.
2. Dip each slice of eggplant into egg mixture, then transfer the egg coated slice of eggplant into the flour on your wax paper. Coat eggplant slice with flour and fry both sides in a pan with butter until golden brown.
3. Wash cauliflower and steam it to soften it. Once cauliflower is tender, mash it into a pan.
4. Heat tomato sauce and serve 1 plate with sauce layered on the bottom, a few slices of eggplant on top with some mozzarella, along with mashed cauliflower on the side.

# Egg Avocado Salad



## Ingredients - *Serves: 1*

- 3 eggs
- 1/4 red pepper diced
- 2 tbsp olive oil
- 1 mashed avocado

## Directions

1. Place eggs in a pan, fill with water, and boil for 20 minutes.
2. Peel eggs and mash them in a mixing bowl.
3. Add pepper, olive oil, and avocado and mix well.
4. Enjoy on lettuce, Ezekiel wrap, or Ezekiel bread.

# 5 WORST Ingredient to NEVER Eat!

## Coloring Agents (blue 1, blue 2, yellow 5, yellow 6)

The reason these coloring agents are added to our food is because we eat and determine if we like food depending on how it looks. Studies show that using the same recipe without coloring the food caused consumers to think the food tasted bland. This decreased sales because consumers ate less of the food.

In the old days food coloring came from turmeric and other natural sources, but today companies have transitioned food coloring ingredients to include coal tar. This tar is also used to seal driveways.

## Brominated Vegetable Oils

BVO is used to help prevent the flavor from separating and floating to the surface of beverages. This oil competes with iodine for receptor sites in the body. If you eat this ingredient frequently you'll put yourself at risk of developing thyroid issues, autoimmune disease, and cancer. The main ingredient bromine, is a poisonous chemical that is toxic!

It has been linked to organ system damage, birth defects, growth problems, and even hearing loss. This definitely explains why this ingredient is banned in more than 50 countries.

## Azodicarbonamide

Most countries wait for flour to naturally whiten, but that's not in the US since regulations are less strict. Food companies like to be fast so they use this chemical to bleach bread quickly. Only in United States is this allowed.

In some countries you can be fined half a million dollars and have to serve 15 years in prison for using this chemical. This chemical concoction has been linked to asthma, and is in foamed plastics such as yoga mats and shoes.

## Synthetic Hormones (rBGH and rBST)

Farmers inject cows with these hormones to increase [milk](#) production by 10%!

Cows that are injected with these hormones become infertile and suffer from inflamed and infected udders. Mainstream dairy is a mess and contains insulin growth factor – 1, which has been linked to colon, breast, and prostate cancers.

Choose grass fed dairy and milks if you must consume them.

## **Arsenic**

Food companies are allowed to use arsenic in chicken feed to promote growth, improve efficiency in feeding the birds, and boost pigmentation. Arsenic affects blood vessels in chickens and turkeys, causing them to appear pinker and therefore, fresher and more appealing.

Choose organic meats and poultry to ensure you're getting only the highest quality of meats. Be a careful label reader and check to make sure everything is 100% organic. Some companies feed animals a natural diet and then feed them grains a week before they're processed.

## **Cellulose**

Cellulose is wood pulp and it's labelled under the names: Carboxymethyl cellulose, Microcrystalline Cellulose, or MCC, and Cellulose Gum.

It is commonly used by food companies to bulk up fake fiber content. Check the ingredients label next time you see added fiber on the packaging.

The FDA says "In humans, virtually 100 percent of orally ingested cellulose can be recovered in the feces within four days, indicating that absorption does not occur."

This means it has zero nutritional value for your health!

# Ready For the Next Step?

Now that you've completed the first week of meal plans, I want to invite you inside Slim Down Smart so you can start following another 4 weeks of meal plans. These meal plans are very beneficial to your health because they keep you on track.

You'll also enjoy all of the variety we have between recipes and meal options. You'll also receive access to our fast start video coaching program, which will help you accelerate your results with a few simple tips that I'll be sharing with you.

Get access to our complete fat burning manual, which tells you a step by step process for eliminating gluten, plus a powerful list of anti-inflammatory foods to help you combat gout, arthritis, and any time of inflammation you may be fighting in your body.

We also have a member's community for you to communicate with likeminded members so you can follow the plan and make friends, rather than improving your health alone in the dark.

Hundreds of our recipes will be at your fingertips too. The program has a wealth of knowledge for you and I would be excited to see you join and improve your health, just like thousands of member have done before you.

Follow the link to start Slim Down Smart today! <http://slimdownsmart.com/f/order.php>