

# Clean Day Challenge

Can you commit to eating clean for 1 day ...

## STARTING TOMORROW!

Challenge yourself to commit to an entire day of clean eating. Take it meal by meal and day by day. Start tomorrow. Commit to just one day and see how great you feel. Maybe you will want to continue...

What is clean eating?

- ❖ Eating three balanced meals each day, using appropriate portion sizes
- ❖ Snacking only if more than 3-5 hours between meals
- ❖ Choosing minimally processed foods
- ❖ Having fruits and/or vegetables at every eating occasion

Meal and Snack Examples:

<b>Breakfast</b>	<ul style="list-style-type: none"> <li>• Old fashioned oatmeal + banana + 1 tbsp peanut butter</li> <li>• Vegetable omelet + piece of fruit</li> <li>• Plain greek yogurt + berries</li> </ul>
<b>Lunch</b>	<ul style="list-style-type: none"> <li>• Mixed vegetable salad + grilled chicken + 1 tbsp olive oil + vinegar</li> <li>• Vegetable and lentil soup + side salad</li> <li>• Tuna fish sandwich on whole grain bread + carrot sticks</li> </ul>
<b>Dinner</b>	<ul style="list-style-type: none"> <li>• Roasted chicken and herbs + steamed broccoli + small baked sweet potato</li> <li>• Tofu and vegetable stir fry over brown rice</li> <li>• Baked fish + vegetables + 1/2 cup quinoa</li> </ul>
<b>Snacks</b>	<ul style="list-style-type: none"> <li>• 1 ounce raw almonds + piece of fruit</li> <li>• Chopped vegetables + hummus</li> <li>• Apple + peanut butter</li> </ul> <p style="text-align: right; font-size: 12px;">*only necessary if more than 3-5 hours between meals</p>

