

Clean Eating Challenge

Print this checklist so you can easily refer to it when going through the 30 day clean eating challenge.

- Don't see clean eating as deprivation – it's a healthy lifestyle
- Understand that fatigue, overwhelm, cravings etc are normal
- 1) Start by slowly shifting your mindset to your new diet
- 2) Cut out all sugary drinks
- 3) Clean out your cupboards of processed, unhealthy foods
- 4) Start planning meals ahead – set aside a weekly planning session
- 5) Try smaller, more frequent meals to keep things easier
- 6) Look into healthy snacks to replace your old favorites
- 7) Shop at less busy times at the store, so you can get in and out fast
- 8) Try a new fruit every month
- 9) Eat some sort of leafy, green veg every day
- 10) Load up on whole, fresh produce
- 11) Make homemade versions of foods you already love
- 12) Start noting down your food weaknesses and triggers
- 13) Cut down on alcohol – limit it to special occasions
- 14) Make sure you eat breakfast every day
- 15) Note down changes in your body/ energy to keep you motivated
- 16) Try a new vegetable every month
- 17) Start making meat the minority on your plate
- 18) Start experimenting with spices to make healthy foods tasty
- 19) Get creative and start trying some new recipes
- 20) Try a new type of grain (e.g. amaranth or quinoa)
- 21) Try to shop for seasonal products
- 22) Visit a farmers' market for healthy, seasonal and local produce
- 23) Watch your sugar intake
- 24) Let yourself eat cookies and junk foods sometimes – don't deprive yourself, just cut down
- 25) Avoid white flour
- 26) Cut down on your caffeine intake
- 27) Try making your own sports/ breakfast bars
- 28) Drink more water every day
- 29) Eat more healthy fats like nuts and avocados
- 30) Cut down on the salt in your diet