



## **Clean Cut Weight Loss Challenge Week 4**

**How do you feel?!**

**Weight this week:**

**Is everything coming together?**

**What are some challenges you still face?**

## Friendly Reminders

- Remember Sugar is the enemy. Your main meals and mini meals should be protein, veggie and good fat based. These three are key to keeping your metabolism high, your cells clean and your body working properly.
- Portion Control.  
Proteins and carbs should not be larger than your fist  
Healthy Fats (½ an avocado, 1-3 tablespoons oils, 8-10 nuts, 1-3 tablespoons nut butter, etc.)

**At This point of the challenge you should have found your GO TO FOODS, your favorites and what works for you and are safe.**

### **FUN TIP!**

Remember to grab a pretty basket for your kitchen counter and put your newly discovered recipes in it so when you are looking for something fun and new to try you have them in reach!

**If you choose, you can continue to add a few approved complex carbohydrates to your plan this week. We are focusing on Quinoa, Sweet Potato or Sprouted Bread. 3-4 times this week max.**

**We want you to focus on how your body is reacting to foods. Is the weight coming off? Are you stuck?**

**Remember, you have a goal! Baby steps, you can do this!!!**

## **GMO, what is it? Genetically Modified Organism**

Food is not made the same as it was years ago. Our environment has changed growth in population increased, more farmers and company's processes food, etc. have all lead to manufactures manipulating how they increase production of products that come to market. Although the foods have changed our bodies and the way we process food has not.

When we ingest these genetically modified foods they are foreign to our system and cannot be broken down as a source of energy, vitamins, mineral etc. So what happens to it??? It turns to FAT or makes us more susceptible to diseases.

To help you guide through these types of foods here are a few tips and links and an app to help go GMO Free.

APP: Non GMO Project: will help you choose non-GMO foods while shopping

Four Tips to help Eat GMO free:

- 1- Buy organic, they cannot include GMO ingredients if they are certified organic
- 2- Look for "Non-GMO Project" seals on food (see seal on app above)
- 3- Avoid at risk ingredients such as, soybeans, canola, corn and sugar from sugar beets
- 4- Buy from the list provided on this link  
<http://responsibletechnology.org/nongmoshoppingguide.pdf?key=28876010>

## Your Organic Food List

A list is put out every year by the Environmental Working Group (EWG) about what foods contain the most pesticide residue. The Dirty Dozen is your list you really should be buying organic. The clean 15 are the fruits and vegetables that had the least pesticide residue when tested. Their website is [www.ewg.org](http://www.ewg.org). They also provide amazing info on GMO, sunscreen, makeup and more.

### DIRTY DOZEN (2015)

- Apples
- Peaches
- Nectarines
- Strawberries
- Grapes
- Celery
- Spinach
- Sweet bell peppers
- Cucumbers
- Cherry tomatoes
- Snap peas (imported)
- Potatoes

### CLEAN FIFTEEN

- Avocados
- Sweet corn
- Pineapples
- Cabbage
- Sweet peas (frozen)
- Onions
- Asparagus
- Mangos
- Papayas
- Kiwi
- Eggplant
- Grapefruit
- Domestic Cantaloupe
- Cauliflower
- Sweet potatoes

## How To Read Your Produce Labels

Understanding your produce labels are important in this day and age. There are 3 numbers we want you to look for. 8, 9 and 3 or 4. These numbers mean something on those tiny stickers on your produce.

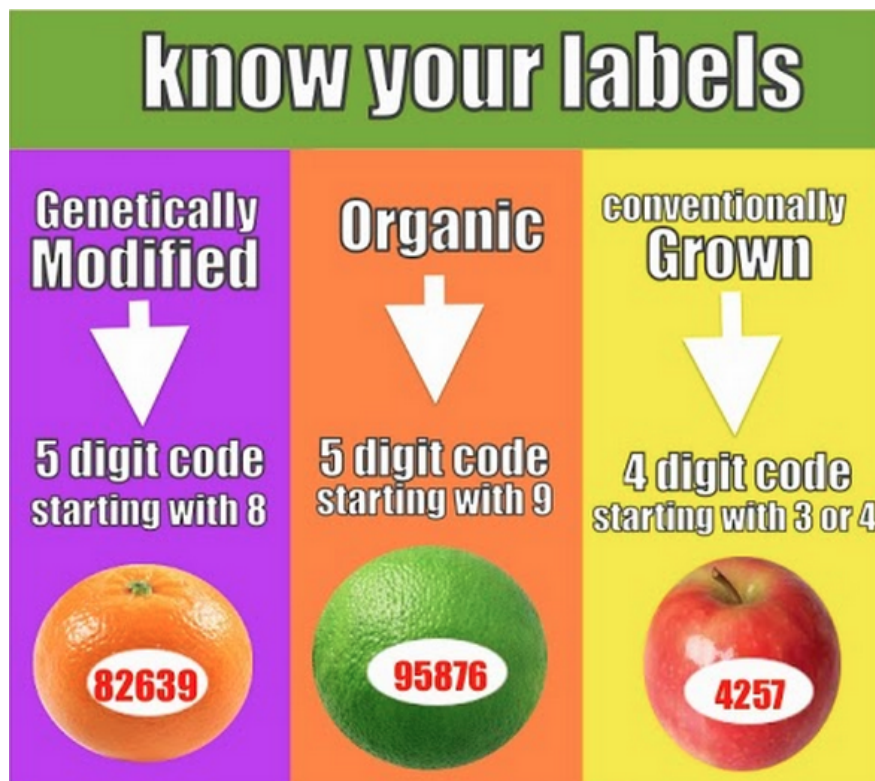
**If the first number on the sticker of the produce you are buying is:**

**8, it is GMO, Genetically Modified**

**9, it is ORGANIC**

**3 or 4, it is CONVENTIONALLY GROWN**  
(most likely there is some pesticide used).

**This is important on the DIRTY DOZEN LIST, so check that out.**



# Week 4 Food Guide

## Monday Menu

### Breakfast

Quinoa Chia Spiced Breakfast Bowl Recipe

### Snack

Cucumber dipped in mashed avocado (add garlic powder, red pepper, etc.)

### Lunch

4 oz. protein like turkey, chicken or tuna salad over greens (unlimited greens and veggies)

2-tsp of olive oil, lemon, pink sea salt and pepper

### Snack

Shake

### Dinner

Salmon With Roasted Brussel Sprouts Recipe

### Snack

2 Tsp. Nut Butter

## **Tuesday Menu**

### **Breakfast**

Your Favorite Egg Quiche

### **Snack**

Berries or a green apple with a handful of nuts

### **Lunch**

Turkey Roll Ups with Roasted Red Pepper and Avocado  
Side Salad

### **Snack**

Edamame Salad

### **Dinner**

Spaghetti Squash Pesto Recipe (with chicken, shrimp, tofu, etc.)

### **Snack**

Handful of nuts

## **Wednesday Menu**

### **Breakfast**

Greek Yogurt with cinnamon

### **Snack**

Edamame Salad

### **Lunch**

Super Green Quinoa Recipe

### **Snack**

Sliced avocado with Turkey

### **Dinner**

Shrimp and Avocado Salad Recipe

### **Snack**

2 Tsp Nut butter



## **Thursday Menu**

### **Breakfast**

2 hard-boiled eggs  
Slice of sprouted bread  
¼ of an avocado

### **Snack**

Greek Yogurt with berries

### **Lunch**

4 oz. protein like turkey, chicken, tuna salad etc. over greens (big bowl)  
with veggies  
2-tsp of olive oil, lemon, pink sea salt and pepper

### **Snack**

1 tsp of nut butter or 1 full egg and a white with hummus or hot sauce

### **Dinner**

6 oz. grilled fish (tilapia)  
1 C Bok Choy Steamed  
½ C steamed broccoli

### **Snack**

Hummus and veggies

## **Friday Menu**

### **Breakfast**

Mocha Latte Quinoa Breakfast Recipe

### **Snack**

Protein Shake or nuts or chia pudding (from e-mail blast)

### **Lunch**

Shredded chicken tortilla

Small corn tortilla 1 please (Organic and NON-GMO) can eliminate and put over greens

Shredded chicken

Salsa

Avocado

### **Snack**

Leftover Shrimp and Avocado Salad

### **Dinner**

6 oz. Grilled Shrimp

2 C salad greens

Lemon

2 TBSP olive oil

### **Snack**

½ C Greek Yogurt

berries

**Saturday:**

**(Have a small cheat, like a glass or 2 of wine, 2 bites of dessert, whatever you enjoy.)**

**Breakfast:**

**Omlette with greens**

**Snack:**

Cucumber with salt and little walnut oil (at trader joe's), with ½ and avocado

**Lunch:**

Nice salad with spicy chicken or chicken salad, Olive oil Lemon/lime salt pepper with honey mustard.

**Snack:**

2 tsp nut butter

**Dinner:**

1/2 cup quinoa or ½ sweet potato with lemon Shallot Shrimp (see recipe)

**Snack:**

chia pudding

## **Sunday**

### **Breakfast:**

2 eggs anyway you like them with hot sauce and avocado

### **Snack:**

½ Greek yogurt with drizzle of honey and berries

### **Lunch:**

Tuna salad with endive or mushroom caps (stuff tuna in them or on endive) with ½ an avocado

### **Snack:**

hard-boiled egg with cucumber salt/pepper and walnut oil (Love this snack)

### **Dinner:**

Spiral zucchini sautéed in garlic and oil with grilled chicken, cherry tomato and a sprinkle of parmesan cheese.

### **Snack:**

chia pudding