



Week ONE

Welcome to Clean Cut Fitness & Nutrition. We are so happy you have decided to join us. The next 6 weeks are about changing bad habits, creating new ones and learning how your body reacts to foods. You will learn to make smart choices and eat around “life”. We strongly believe in science and education and want you to understand why things work for you. Excited?! We are!! Welcome to the program!

GOALS of this program

1. Give you a kick start to healthy living and weight loss
2. Lose your bloat and get your metabolism back on track
3. Take the processed foods out of your diet and learn what clean eating really is
4. Eat smaller meals
5. Understanding fat ratio in meals
6. Learn to find time for you “Be kind to yourself”
7. Creating a new relationship with food

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WEEK 1 PLAN

A weight loss diet is about more than just adding or subtracting single foods. The entire diet counts, as well as other lifestyle behaviors like sleep and exercise.

PHASE ONE:

Please read below, with this week 1 specific menu plan you will start to get your body into the fat burning zone.

This plan needs to be followed as a guide. You can mix and match anything. It's about balance and choices and all the recipes and meals are balanced for you so find what your "go to" meals and snacks are and stick with them. It will help detox and bring your body into the fat burning zone. Then we will add other healthy foods in.

Absolutely no processed food. Everything must be real food! Not out of a package.

This way of eating is not only going to help you lose weight and maintain it but it is also reversing cellular damage done through a diet of processed foods and will help prevent disease and inflammation in your body.



Week 1 Rules

- Make a list of your bad habits. Set goals to conquer them. For example, drink more water, no sweets, etc.
- Drink WATER. Around half of your body weight in oz. Carry a water bottle or be close to it.
- Use broths, oils, clarified butters to cook with. No sugar sauces.
- Keep your sodium low
- NO DAIRY, CARBS or SUGARS.
- Limited alcohol (can have clear alcohol with club or 1 -3 glasses of wine a week.)
 - **For first week cut it out completely.**
- No added sweeteners except stevia. (However, new studies show it may have bad side effects, so be aware of GMO). If you drink coffee and have to use a little sugar, it needs to be REAL sugar. If you can sustain from the sugar in coffee, that is great. We would prefer NO sugar. If not, you can use unsweetened vanilla almond milk or a use a splash of natural vanilla coffee mate.) Trader Joe's carries coconut brown sugar too.
- Unsweetened tea is allowed (unlimited)
- Veggies are unlimited (raw, steamed, sautéed)
- Portion Sizes are as follows:
 - For protein, a portion is the size and thickness of your palm. 4oz.
 - Vegetables, pile 'em high, add lemon, salsa, pepper, oil and vinegar as dressings.
- Keep snacks in your car or at your desk.
- Protein, veggies and GOOD FATS are the core of your diet.



Introduction To Vitamins
This step is optional

- Multivitamin: There are certain multivitamins that have compounds that help with metabolism and fat burning: green tea, L-carnitine should be in it. Just look for a natural vitamin with a metabolizer in it.
- B-Complex
- Milk Thistle (liver cleanse)
- CoQ10 (energy system)
- In the winter Vitamin D 10,000 IU
- Probiotic
- Fish Oil or Crude Oil

At night before bed take Magnesium Citrate (helps you sleep and go to the bathroom next day)



Plan & Prep

PREP IS KEY! Food shop and prep over the weekend. Prep your “go to” foods like BBQ chicken, shrimp cocktail, buy olives of your choice, natural nut butters (sugar should be 3 grams or lower) purchase nuts of your choice. You will use leftovers for lunch. Keeping it simple and easy to grab will keep you on track. All the recipes you will need are included in this guide.

Prep Products and Essentials

- **Water bottle**
- **Blender bottle (if you like shakes)**
- **Meal prep containers**
- **Your base food essentials**





Challenges and Solutions

Always deal with the challenge upfront. Take control and walk away because if you give in, you only deal with the anger, stomach ache or disappointment after. Remember to take a pause. Think before you put anything in your mouth.

Tip #1

Your Challenge: Being prepared

Solution: Plan your week as a whole.

If you know you are going out Tuesday and again on Saturday focus on making all your meals around these days super clean. You will thank yourself when it's time to get dressed and feel great.

Tip #2

Challenge: Starting the day off right

Solution: Cleanse each morning.

You can use the Clean Cut Detoxing Vegetable Soup, a cup of warm water with lemon or fast until noon. This idea gives your cells that chance to use the energy (fat) not just the meal you consumed. Give your body the boost to get into the fat burning zone, a fast keeps your insulin levels down releasing energy (fat as your fuel) so the rest of the day you stay there. This will give you control after a cheat as well so it doesn't derail you. (we will talk about fasting later on in the challenge)

Tip #3

Challenge: Staying Hydrated

Solution: Drink lots of water.

There is nothing better to cleanse your body like water! Find a glass or water bottle that you enjoy drinking from, make the water the temperature you like (room or cold) you can also try this yummy detox water:

Ginger: aids in digestion

Mint: aids in digestion

Cucumber: awesome anti inflammatory

Lemon: helps keep your body at an alkaline level

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Challenges and Solutions, continued.

Tip #4

Challenge: Snacks on Hand

Solution: Always be prepared with healthy snacks.

PREP PREP PREP is the key. If you are prepared you won't fall and grab that soft pretzel at the mall while shopping. Always have portable snacks available. Like nuts or a clean bar (No B.S)

Tip #5

Challenge: Moving

Solution: Working out and just moving will release endorphins.

Exercise helps you stay focused and relieve stress. If you are just starting out, that's ok. Pick a goal. A class, a run, a walk or some weights. Work on it each day! Your mind and body will thank you!

Tip #6

Challenge: Treat vs Cheat

Solution: Enjoy a treat and live around it.

A Treat: If you want or need that piece of real chocolate enjoy one piece (suck on it and take it slow).

A Cheat: More than three bits of dessert is a cheat, bread and butter, etc.



Week ONE Menu + Tips & Facts **What You Can Eat**

Plan your meal times with precise timing, after your first meal you never get to the point of starving - you don't want your blood sugar to drop too low. You will become ravenous and make bad choices.

This type of eating will keep your sugar (glycemic index) level so you use your body fat as a source of fuel. The lower your insulin the more energy (fat) you are using as fuel.

Week 1 consists of:

- Lean meat, fish, nuts, nut butters, olives, and meat substitutes such as tempeh. Plant based protein powder sweetened with stevia or no sweetener. GOOD FATS are great! For example: avocado, oils, nuts, olives, coconut oil, clarified butter and nut butters.
- You can have unlimited vegetables GMO FREE



Week 1 Food List

Here is a list of the foods you are allowed week 1. More will be added once we understand how you react. If there is something not on the list you are unsure of, or feel like you may be able to have, please reach out to us. We cannot list every food you can have, but this is a good base guide for you to follow and more popular clean eats.

Protein: 4 oz. only per serving

- Crab
- Chicken
- Shrimp
- Beef (lean)
- Scallops
- White Fish
- Veal
- Buffalo
- Albacore white tuna
- Salmon
- Scoop of plant based protein powder (sweetened with Stevia or no sweetener)
- Full eggs and egg whites
- Organic Tempeh or Tofu

Week 1 Food List, Continued

Good Fats: They won't make you fat. We promise! Good Fats are known as MCT (Medium Chain triglycerides). These actually help your metabolism and use fat as fuel.

TIP: Remember, you gain weight from sugar.

- Olive Oil
- Olives
- Avocado Oil
- Avocado
- Walnut Oil
- Walnuts
- Almonds
- Pistachios
- Cashews
- Macadamia nut
- Irish Butter (can find in a grocery store) YES BUTTER, just not on Italian bread ;(
- Coconut oil (MCT)
- Nut butters, the sugar should be less than 2 grams



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Week 1 Food List, Continued

Vegetables: Unlimited, GMO FREE (This is important. Be aware, if corn is not organic, it is most likely GMO). There is also new data saying that they have discontinued labeling GMO produce labels. Researching this...stay tuned. To be safe, go organic if you can.

- Lettuce
- Asparagus
- Spinach
- Tomatoes
- Cucumber
- Cabbage
- Onion
- Radishes
- Fennel
- Celery
- Kale
- Cauliflower
- Peppers
- Zucchini
- Root Veggies
- Swiss Chard
- Broccoli
- Really any and all veggies
- GMO FREE! :-)

Spices:

Spices are an amazing flavor booster, so have at it!! Any spices are great!

Our favorites are garlic and pepper. Salt is also ok in moderation. Pink sea salt has less sodium. Salt does help burn fat b/c of the minerals in it.



WHAT YOU MAY NOT EAT

- Sugar of any kind. This includes but is not limited to cake, cookies, white bread, pastas and processed foods. If you are not sure, ASK.
- Dairy (for now, we will add it back in)
- Complex Carbohydrates (like grains)

If you want something you do not see on here and think it may be approved, PLEASE ASK! There are so many things out there this is a good guide for you. But ask before you eat, if it is not on your list.

The weekly menus are designed so that each meal has the correct ratio of Good Fat to Net Carb and protein.

You can mix and match any of the meals, this is a guide.

If you like the same breakfast every day go for it, same for lunch.

We will be giving you new recipes each week. You can have them all weeks, as you get them, so plan your favorites and find some new go to meals!



It's not magic, it's work

We say it all the time, **“Prep is Key”**.

The Clean Cut way of eating is really simple to follow.

Just remember:

- There should always be a “Good Fat”
- There should be low to no sugar (this is white bread, pasta, bagels, cookies, cakes, candy all contain sugar)
- There should be a lean protein

Natural Sugar Vs. Added Sugar

The natural sugars that are found in fruits and some veggies are known to have a similar effect in the bloodstream as added sugars like M&Ms. The only difference is the natural sugar come along with fiber so the breakdown of the molecules is slower and you don't spike and crave it all over again. So small amounts of berries and other fruits are ok once you are in the fat burning zone. There are other great health benefits of fruits, so we will not take them out entirely, but we will educate you on the right ones to eat when.

There is a limit to your complex carbohydrates.

Eating the Clean Cut way is designed for your life...real life.

When you get out of the insulin resistant area (storing fat) and into the low level insulin (using energy AKA using fat as fuel) you will find yourself with more energy, sleeping better, not sick, great skin and hair oh and the best part losing weight.

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Recommended Apps and Websites

WEBSITES:

Myfitnesspal.com (also an App)

DailyMile.com (also an App)

Sparkpeople.com

Cleansingmag.com

Eatcleandiet.com

Skinnytaste.com

Thegraciouspantry.com

Thenakedkitchen.com

Foodbabe.com

eatingwell.com

Fooducate (APP)

Daily Water (APP)



Week 1 SAMPLE MENU

Day 1:

Breakfast

3 eggs: 1-2 full eggs and rest just whites (this is your fat) loaded with veggies, use olive oil or real Irish butter in pan

OR

2 hard boiled eggs with ½ an avocado.

Snack

10 nuts

Lunch

1 C steamed veggie or a fresh salad with 4oz chicken breast or use chicken/tuna salad (in recipes)

OR

4 oz. turkey breast (about 4-5 slices) Nitrate Free
with half an avocado (this is your fat)

Snack

Veggies

¼ cup hummus

Dinner

Basil Chili Stir Fry (see recipes)

Snack

1 tablespoon nut butter

NOTES:

Week 1 SAMPLE MENU, continued

DAY 2:

Breakfast

2 hard-boiled eggs with veggies (salsa or hot sauce)

OR

Eggs anyway with ½ an avocado or 2 egg cups

Snack

3 turkey roll-ups with roasted red pepper (TJ has a great one in jar) and a few slices of avocado

Lunch

Leftover stir fry with ½ avocado and tomato (cherry or sliced)

Snack

2 cups chopped veggies

¼ C hummus

Dinner

Scallop Spinach Salad (see recipes)

Snack

1 tablespoon nut butter

NOTES:

Week 1 SAMPLE MENU, continued

DAY 3:

Breakfast

Clean Cut Eggvocado recipe

Snack:

10 nuts

Lunch

Tuna or chicken salad with big salad

Snack

4 slices turkey rolled with roasted red pepper slices and avocado

Dinner

Pesto Turkey Meatball with Roasted Beans side (in recipes)

Snack

¼ C hummus with veggies (try something different like fennel!)

NOTES:

Week 1 SAMPLE MENU, continued

DAY 4:

Breakfast

Green juice or any of the egg options

Snack

10 nuts or 1 tablespoon nut butter

Lunch

Leftover turkey meatballs over big salad with vinaigrette (in recipes)

Snack

Veggies with $\frac{1}{4}$ cup hummus

Dinner

Chicken or shrimp with ginger cilantro (see recipes) **or**

6 oz. grilled fish

Roasted or steamed green veggies (broccoli, bok choy, spinach etc.

both drizzled with olive oil, lemon and salt **or** with cauliflower rice side (in recipes)

Snack

Cut up some chicken breast strips and dip in honey mustard or two turkey meatballs or 1 tablespoon nut butter

NOTES:

Week 1 SAMPLE MENU, continued

Day 5:

Breakfast

Sundried Tomato Quiche (in recipes)

Snack

Raw nuts about 10 (fats)

Lunch

6 oz. turkey lunch meat or tuna or chicken salad or leftover meatballs (if any left)

Salad w unlimited veggies and vinaigrette (in recipes)

with a ½ an avocado (fat)

Snack

Chopped veggies

¼ C hummus

Dinner

Shrimp Tacos (in recipes)

With 2 cups steamed veggies or big salad

Snack

2 hard boiled eggs

NOTES:

Week 1 SAMPLE MENU, continued

DAY 6:

Breakfast

Sundried tomato Quiche

Snack

4 slices of turkey rolled with roasted peppers

Lunch

Leftover Shrimp or another slice of quiche with ½ avocado and side salad

OR

Tuna and Vegetable Salad

Snack

10 nuts

Dinner

Spicy roasted Chicken (in recipes) with Brussel sprout side (in recipes)

Snack

1 tablespoon nut butter

NOTES:

Week 1 SAMPLE MENU, continued

Day 7:

Breakfast

Green juice

Snack

Any egg option

Lunch

Leftover Roasted Chicken wrapped in lettuce with ½ an avocado

Snack

Turkey roll ups with hummus

Dinner

Lemon Rosemary chicken (see recipe) with any side in recipes or a big side salad

Snack

1 tablespoon nut butter

NOTES: