



3 Day Sample Menu Guide



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3 Days of Clean Cut Menus

Day 1:

Breakfast

1 Egg Cup with ½ an avocado

Snack

8 -10 raw nuts or teaspoon of raw nut butter with a green apple

Lunch

6 oz. chicken/turkey breast, 2 hard-boiled eggs, or Clean Cut chicken salad
Add in a half an avocado

Snack

Veggies of your choice
¼ cup hummus

Dinner

Clean Cut Shrimp and Peppers over cauliflower rice

Snack

4 oz. turkey rolls with hot sauce or dijon mustard

Healthy Fats

Whole Egg
Irish Butter (or Ghee)
Nut Butter
Avocado
Olive Oil



Clean Cut Tip!

Not Only Do Healthy
Fats Keep You Full,
They Actually Help
You Burn Stored Fat!
SCORE!

3 Day Clean Cut Menus

Day 2:

Breakfast

Avocado Mash with 1 slice of toasted sprouted bread
Make avocado mash with ½ avocado, drizzle of olive oil, pepper, lemon, drizzle of sesame oil and some crushed red pepper

Snack

1 Tbsp. All Natural Nut Butter

Lunch

Leftover Shrimp and Peppers OR
Clean Cut Chicken salad with ½ avocado

Snack

Veggies of your choice
¼ cup hummus

Dinner

Clean Cut Pumpkin Chili

Snack

Organic Air Popped Popcorn

Complex Carbs

Sprouted Grain Bread

Ancient Grains

Sweet Potato

Beans



Clean Cut Tip!

Balance is key with complex carbohydrates. Stick with the every other day rule during the holiday season and you will not be disappointed!

3 Day Clean Cut Menus

Day 3:

Breakfast

2 hard-boiled egg and ½ an avocado

Snack

4oz Turkey rolls with roasted peppers (rolled natural turkey meat)

Lunch

Leftover pumpkin Chili

Snack

1/2 green apple with nut butter

Dinner

Spicy cheesy roasted cauliflower with your choice of protein

Snack

¼ cup berries with ¼ cup plain Greek yogurt

No Artificial Junk

Stay Clear Of:

Aspartame

Splenda

High Fructose Corn Syrup

Monosodium Glutamate (MSG)

Trans Fats

Food Dyes

Sodium Sulfate

Sodium Nitrate

Carrageenan

GMO's



Clean Cut Tip!

Did you know that if your produce label number starts with an 8 it is a Genetically Modified Food?!

Clean Cut Recipes

Clean Cut Easy Egg Cups

Great for breakfast or a quick snack

Ingredients

Heat oven to 350

1 dozen eggs. Use 6 whole eggs (your fat) and 6 whites, whisked

Nitrate and chemical free turkey breast, optional

Veggies and Stuffing:

Get creative on how you want your egg cups to come out.

Enjoy with spinach, cut peppers, zucchini, tomato etc.

You can add any spices you like.

EASY CLEAN CUT TIP!

Use a big heaping tablespoon of fresh Pico De Gallo salsa

Instructions

Spray a muffin pan. Lay turkey breast in each pan, optional

Add your raw "stuffing" to each cup

Whisk eggs and pour over your stuffing to the rim

Bake for about 20-30 minutes or until top is slightly brown

Remove let cool for a few min and place in Tupperware

To reheat place in microwave for 1 minute

Clean Cut Recipes

Clean Cut Chicken Salad

Ingredients

3-4 cans of chicken (100% natural in water)
1-2 tablespoon red wine vinegar
juice of one lemon or lime
2 tablespoons of real mayo (your fat)
1-2 tablespoons mustard (for a tang, try some Dijon)
Chopped fresh or dried rosemary
Chopped fresh parsley (optional)
Crushed almond or walnuts
Pink sea salt and pepper to taste

Instructions

Drain can, mash chicken
Mix ingredients and enjoy

Slice an avocado to garnish either salad. Enjoy over over a fresh bed of greens.
You can also use this as a snack with some rice crackers or dip some veggies

Clean Cut Recipes

Clean Cut Spicy Cheesy Roasted Cauliflower

Ingredients

1 head fresh cauliflower
1/4 C Nutritional Yeast
1/2 Tsp garlic powder (or more to taste)
1/4 Tsp Cayenne (or more to taste)
1/2 Tsp Sea salt
1/4 Tsp ground black pepper
Olive Oli

Instructions

Pre Heat oven to 400 degrees.

Chop cauliflower into smaller pieces and put in a large bowl.

In a small bowl, mix the nutritional yeast and dry spices.

In the large bowl, drizzle olive oil over the cauliflower lightly, making sure not to over do it.

Just a light coating will do.

Pour the nutritional yeast mix over the cauliflower and mix with wooden spoon coating evenly.

Place the cauliflower on a pre sprayed baking sheet and cook until brown.

Clean Cut Recipes

Clean Cut Shrimp & Peppers

Ingredients

- 1-2 pounds shrimp raw and cleaned
- 3 bell peppers (red, orange and yellow) cut into ½ pieces
- 1-2 tablespoons coconut oil or olive oil
- Salt and pepper to taste
- 1 teaspoon paprika (to taste)

Water

- ¼ teaspoon garlic powder
- dash of hot sauce

Instructions

Place cleaned shrimp in bowl add salt and pepper, paprika, garlic powder and hot sauce mix and let sit in fridge or counter.

This will allow the juices from the shrimp to express.

In a pan add oil and cook peppers for about 5-6 min (can add a bit of water if peppers need it. Add the shrimp in one layer and cover for about 3-5 min. Flip the shrimp and cook until tender, the juices from the peppers is all you need for a perfect dish. You can serve this over some cauliflower rice.

Clean Cut Recipes

Clean Cut Pumpkin Chili

You can add any veggies you want to this. we usually toss in what's in my vegetable drawer. Make it your own!

Ingredients

- 1 tablespoon olive oil
- 1 cup chopped onion
- 1 cup chopped green pepper
- 2-3 cups fresh spinach (remember it cooks down)
- 1-2 tablespoons fresh chopped garlic to taste
- 1 small can chopped green chilies
- 1 can low sodium diced tomatoes
- 1 can beans of your choice (we used black beans)
- 1 can organic pumpkin
- 1 pound ground turkey breast
- Salt
- Pepper
- Cumin
- Chili Powder
- Pumpkin Pie Spice Optional
- Cayenne Pepper Optional

Instructions

Sauté onion and pepper in a pan

Add in spinach and garlic and let spinach wilt down

During this time, brown your ground turkey breast in a separate pan

Add meat, tomatoes, beans, chilies and pumpkin to onion and pepper mixture

Let simmer for 10 minutes

Add spices to taste. This is where it is all relative to your taste. We prefer a stronger pumpkin flavor, so we added pumpkin pie spice. Add to your taste. Same with all the spices. Remember cumin is a strong taste so start with a teaspoon and go from there. Cayenne is also spicy so add to taste.

Simmer and add ground turkey. Simmer for another 10 minutes or so and enjoy!

Ready For The Challenge?!

Are you really ready to change your life?

Clean Cut can help you continue your journey with our 6 week national challenge!

Here's a sample of some success stories from our past challengers.

I used to struggle with stomach issues and headaches that have now been eliminated – Amy P.

After the birth of my son, I was looking to get back to a healthier lifestyle for my entire family. I wanted something that was based on REAL food for my REAL life. With two kids under two and a skeptical husband I was able to lose almost 10% of my body weight in just 6 weeks! After the challenge, I continued to lose weight and I am just a few above my goal. - Megan S.

Bust from 37.25 to 35.25, down 2 inches which is 5%

Waist from 31 to 28.5 which is 2.5 inches or 8%

Naval down from 34 to 31.5 which is 2.5 inches or 7.3%

Hips down from 44.5 to 42.5 which is 2 inches or 4.5%

Thighs down from 27 to 25 which is 2 inches or 7.4%





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