



## Week ONE

Welcome to Clean Cut Fitness & Nutrition. You've taken the step you need to finally get a hold of your meal plan and stick to it. 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 the science and education and want you to understand why things work. 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 and use real cream. 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 (I will teach you which ones are good and why they work) are the core of your diet.



## Introduction To Vitamins

**Please note this portion is optional. The foods you will be eating are chock full of nutrients. If you choose to take or are already on a regimen please reach out with any questions.**

**A must is PROBIOTIC, I use Renew Life Ultra Flora 50 Billion (refrigerated)  
Must take on empty stomach**

- 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 chicken salad, shrimp cocktail, hard boiled eggs, 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.

A cup of warm water with lemon or an 8 oz glass of cold water with or without lemon. You can also add the apple cider vinegar (ACV) tea (see document in week 1)

### 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

Seltzer is also an option

## 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 (RX 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. 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

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, booze, etc.



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

Plan your meal times with precise timing, don't let yourself become ravenous because then you 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. Always ask questions, it's better to have asked than make a mistake.

### **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/organic cold processed/sprouted tofu (brands such as: Trader Joe's brand, Nasoya at Whole Foods)

## 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)
- Coconut Cubes
- 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, so create a binder of the ones you like so you can go back and use them. Before you know it you will have so many options!



### **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.



## **Recommended Apps and Websites**

### **WEBSITES:**

Myfitnesspal.com (also an App)

DailyMile.com (also an App)

Sparkpeople.com

Cleaneatingmag.com

Eatcleandiet.com

Skinnytaste.com

Thegrasciouspantry.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. or 2-3 egg cups (in recipes)

#### Snack

10 nuts

#### Lunch

1 C steamed veggie or a fresh salad with 4oz chicken breast or use ½ cup of 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

EGGocado (see recipes)

**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) or ½ cup tuna or chicken salad with big salad

Snack

2 cups chopped veggies

¼ C hummus

Dinner

Turkey Taco stuffed peppers (see recipes) can add roasted veggies as side.

Snack

1 tablespoon nut butter

NOTES:



## Week 1 SAMPLE MENU, continued

### DAY 3:

Breakfast

Clean Cut Eggvocado recipe or 2-3 egg cups

Snack:

10 nuts

Lunch

Leftover stuffed pepper or ½ cup Tuna or chicken salad with big salad

Snack

Grilled chicken strips (sell at Trader Joe's in fridge, green pack) dipped in hot sauce or mustard or 2 hard boiled eggs with hot sauce

Dinner

Shrimp and Peppers (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

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

NOTES:

## **Week 1 SAMPLE MENU, continued**

### **DAY 4:**

#### Breakfast

Green juice (see recipes) or any of the egg options

#### Snack

10 nuts or 1 tablespoon nut butter

#### Lunch

Leftover shrimp if any over big salad with vinaigrette (in recipes) or any other lunch options like ½ cup tuna

#### Snack

Veggies with ¼ cup hummus or 2 hard boiled eggs

#### Dinner

Pesto Turkey Meatball with Roasted String Beans side (in recipes) or brussel sprouts

#### Snack

Cut up some chicken breast strips (or use Trader Joe's strips) and dip in honey mustard or two turkey meatballs or 1 tablespoon nut butter

#### NOTES:

## **Week 1 SAMPLE MENU, continued**

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**Day 5:**

## Breakfast

1 serving Sundried Tomato Quiche (in recipes yields 3 servings)

## Snack

Raw nuts about 10 (fats)

## Lunch

6 oz. turkey lunch meat or tuna or chicken salad or leftover Turkey meatballs if any  
Salad w unlimited veggies and vinaigrette (in recipes)  
with a ½ an avocado

## Snack

Chopped veggies  
¼ C hummus

## Dinner

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

## Snack

2 hard boiled eggs

NOTES:

**Week 1 SAMPLE MENU, continued**

**DAY 6:**

Breakfast

1 serving Sundried tomato Quiche (left over) or 2-3 egg cups or eggs anyway

Snack

4 slices of turkey rolled with roasted peppers

Lunch

Leftover chicken or another slice of quiche with ½ avocado and side salad and cup of detox soup

OR

Tuna/chicken salad with veggies or big salad and 1 cup detox soup

Snack

10 nuts

Dinner

Healthy Egg Roll in a bowl (see recipes)

Snack

1 tablespoon nut butter

NOTES:

## Week 1 SAMPLE MENU, continued

### Day 7:

#### Breakfast

Green juice (see recipe) or eggs anyway

#### Snack

cup of detox soup with scoop of tuna/chicken/turkey roll up or hard boiled egg

#### Lunch

Leftover egg roll in a bowl

#### 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: