



## **Clean Cut Weight Loss Challenge Week 6**

How Do You Feel This Week?

What Is The Biggest Change You Have Seen So Far?

What Is Your Biggest Struggle Currently?

Have You Fallen Off The Wagon At All? If So Why?

Have You Been Able To Get Your Workouts In? If Not, Why?

Weight This Week?



## Putting It All Together

You have done the work, and now it's time to continue your journey or maintain. You have learned to manage your cravings, eat out, curb your food around your cheats, use the natural tips and tricks that make balance possible. All you've learned take with you and apply it each day. Clean food is not a punishment it's being kind to yourself. We will always be here for you and are so proud to be part of this journey.

Welcome to the Clean Cut Family.

**The tools you've used aren't just for these 6 weeks this is a REAL LIFESTYLE, this is how you will ultimately live life. Monday-Thursday CLEAN. Friday enjoy a treat. Weekend have a cheat and work around it. MOVE, MINDFULNESS, PREP, HONEST, NO EXCUSES AND OWN IT! We will all slip but don't fall, get right back up, don't beat yourself up over it, you've learned what to do and now you have to JUST DO IT!**

This journal page is for you. It is here for you to look back on and help you continue your journey to your goals. This is not over, it's just the beginning.

Welcome to your NEW LIFESTYLE!

Use this page for you. Summarize your struggles, accomplishments and goals from the past 6 weeks. Use this to look back and keep going. These questions are here for you to help you through the tough times, and be proud of what you have accomplished!

Be proud!



**DOCUMENT YOUR THOUGHTS HERE AND HOLD YOURSELF ACCOUNTABLE**

**WHAT ARE YOU GOING TO DO TO CONTINUE YOUR LIFESTYLE CHANGE?**

**WHAT WORKS FOR YOU?**

**WHAT ARE YOUR GO TO MEALS/SNACKS/FOODS?**

**WHAT ARE YOU STILL STRUGGLING WITH?**

**WHAT WAS A BIG AHA MOMENT FOR YOU?**

**WHAT IS YOUR MANTRA?**



## SUMMARY OF SUCCESS

- **ACCOUNTABILITY**
- **Water (with Pink Himalayan Salt)**
- **Lean protein, veggies and healthy fats in all meals**
- **Limit carbs and fruits**
- **NO PROCESSED FOODS**
- **PREPARATION is key**
- **Recipe binder/basket (Clean Cut Download will be coming in the future)**
- **Trying new recipes and meals, becoming creative and trying new activities**
- **Get the family involved**
- **GREEN GREEN AND MORE GREEN, UNLIMITED Veggies**
- **NON GMO**
- **ORGANIC WHEN YOU CAN (remember the dirty dozen and work from there)**
- **Find foods that satisfy you and go with them “Go To Meals” and they will always change**
- **Remember that just because you find a clean recipe online, it doesn't mean it is unlimited portions. Take what you have learned and modify it for your lifestyle and goals.**
- **BE HONEST and don't make up excuses, there are no shortcuts**

This is real food. A treat here and there includes black bean chips, gluten free chocolate bars etc. are all treats not staples. Your staples come out of your refrigerator. If you keep this mindset you will succeed. **If you try to find ways to fill old habits with healthy versions ALL THE TIME those old habit will return, we promise.** The more real food you eat the better you will feel and this will stick forever.

**LISTEN TO YOUR BODY, really listen** and learn what your cravings mean. A lot of your cravings are society created. Step away and remember your healthier options. Think before you put that “treat” or “cheat” in your mouth.

**BALANCE is KEY. We want you to enjoy the things you love but work for them, enjoy them and let it go.....**



## **Amaranth Muffins (18 to 24 muffins)**

- 1 cup amaranth (near grains in any market)
- 1 Cup Applesauce
- 2 cups flour (preferably gluten free like oat, rice, almond or cashew)
- 3 teaspoons baking powder
- 2/3 cup freshly ground flax seeds
- 1/3 cup pumpkin seeds
- 1/3 cup chia seeds
- 1 cup raisins
- 4 organic eggs (or flax eggs)
- 1 cup maple syrup or equivalent of raw honey
- 1 teaspoon salt
- 2 teaspoons real vanilla extract
- 2 cup fresh blueberries, raspberries, and strawberries to put in the middle!
- 1 cup raw almonds, chopped into smallish pieces or ground briefly in food processor

First cook the amaranth in a pot with 3 cups water for 20-30 minutes or until all the water is absorbed. Let cool almost for about ten minutes before adding to the batter.

Preheat the oven to 350 degrees. Spray and lightly flour muffin tins.

In one bowl, combine the flour and baking powder and stir well with whisk.

In another bowl, combine the eggs, maple syrup, applesauce, vanilla and salt, flax and chia seeds stirring well to mix.

Put the batter together: Pour the amaranth into the wet ingredients and mix. Then pour the flour mixture into the wet mixture and stir just until it's combined (otherwise muffins can get tough). Carefully fold in the berries, almonds, raisins and pumpkin seeds.

Pour batter 2/3 of the way up each muffin holder.

Bake for 30 minutes or until muffins are firm to the touch or skewer comes out clean.

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### **Power Seed Quinoa Breakfast Bowl**

- ½ cup cooked quinoa
- ¼ cup unsweetened vanilla almond milk
- 2 tablespoons sliced almonds
- 1 tablespoon sunflower seeds
- ¼ cup berries such as black or raspberry
- 1 teaspoon fresh ripped mint
- 1 teaspoon raw honey

Mix the quinoa with the milk and heat through for about 1 min.

Add the almonds and seed and mix. Top with berries, mint and honey.

Yields 1 serving



## **Easy Chicken and Sweet Potato Crock Pot**

- 2 chicken breasts, cut into 1 inch pieces
- 2 sweet potatoes, peeled and cubed
- 1 can low sodium chicken broth (14.5 oz)
- 1 teaspoon salt
- 1½ tsp black pepper
- 1 tablespoon minced onion

Put everything in the crock pot.  
Place lid on top and cook on low for 8 hours.  
Serve with a side salad or steamed veggie

Yields 4-6 servings



## **Dijon Sweet Potato Chicken**

2 tablespoon dijon mustard  
2 tablespoon chopped fresh thyme  
2 tablespoon olive oil  
½ teaspoon fresh pepper  
2 pounds of chicken can use breast and dark meat with bone in (no skin)]\2 medium sweet potatoes, peeled and cut in 1 inch pieces  
1 large red onion, cut into 1 inch pieces

Preheat oven to 450 degrees with rack in the lower third of oven. Mix the mustard, thyme, oil and ¼ of pepper add salt to taste.

Toss the sweet potato and onion in the mix and spread onto a lined baking sheet (parchment paper or aluminum foil). Place the chicken on top of potatoes. Roast in for 30-35 min (stirring potatoes half way through).

Serve with any greens you like  
Yields 6-8 servings





## Miso Mushroom Soup

1/2 teaspoon toasted sesame oil optional

1 tablespoon fresh ginger minced

2 cloves garlic minced

8 cups water (if using mellow white miso, can get on amazon) or 2 boxes of miso broth (can be found in health store or Trader joes)

1/2 tablespoon seaweed, kale and or Bok Choy

1 1/2 cups carrots cut into matchsticks

1 1/2 ounces shiitake mushrooms or any mushroom you like (if using shiitake cut small because they can get chewy)

1 1/2 cups frozen shelled edamame

1 pound baby bok choy cut into 1/2-inch slices

4-6 tablespoons mellow white miso

1 teaspoon prepared wasabi optional or to taste

**If using miso from an Asian grocery, check ingredients carefully to make sure fish (bonito) isn't in the ingredients. To reduce sodium, look for low-sodium miso in natural food stores. Trader Joe's sells miso ginger broth in a box.**

Heat the sesame oil in a large, nonstick soup pot. Add the ginger and garlic and cook for one minute. Add the water (is using the mellow white miso) or broth from Trader Joe's (if this is how you are preparing it), seaweed, kale and or bok choy, carrots, and mushrooms and bring to a simmer. Cover and simmer for 15 minutes, or until mushrooms are tender. Add the edamame and cook for another 5 minutes, if using mellow white miso place miso broth and wasabi in a bowl and add about 1/2 cup of the hot soup broth (this would be just the water and veggies you just cooked). Stir or whisk until there are no lumps and then add it back to the pot and heat through but do not boil. If you boil miso you lose all the health factors it has to offer. Taste and add more miso or wasabi as needed



## **Spicy or Sweet Roasted Vegetable Soup topped with Skillet Salmon**

Olive Oil

1 qt box vegetable broth

3 shallots chopped

2 stalks of celery chopped

2 carrots chopped

2 cloves garlic chopped

2 habanero peppers cut in big pieces (the seeds are the hottest part, wash your hands)  
or 2 tablespoon of honey if you want it sweet

1 pint brussel sprouts halved

1 head of cauliflower cut into 1 in pieces

1 pack white mushroom sliced

1 container cherry tomatoes

2-4 pieces of salmon skin on (5-6 ounces each)

Magic Seafood seasoning (found in fish department)

salt and pepper

1 can white beans, rinsed

1 tablespoon sesame oil

Preheat oven to 375 degrees. Heat soup pot over medium heat and add 1-2 tablespoons olive oil, add the shallots, garlic then celery and carrots, saute for about 3-5 min until translucent, add the broth and let simmer for 5 min. Then add in the habanero peppers if you like it hot or the honey if you like sweeter (or both, why not). Meanwhile toss the brussel sprouts and cauliflower in 1 tablespoon of olive oil and salt and pepper. Lay on baking sheet and roast until your liking, crisp is good here bc they go into the broth. Place beans in about 6-8 min before fish is done.

Heat a skillet to high heat, season the salmon skin side down with the magic rub. Heat the sesame oil, place the fish skin side down and cook for about 3-4 min, (this is when you put beans in the broth) depends on how you like your salmon, toss in the cherry tomatoes and cover (do not flip the salmon) Cook for another 3-4 min covered, while it's cooking place the roasted veggies in the soup.

Place soup in bowl and fish on top, just so clean and the beans cut the idea of bread!

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## **Taco Turkey Soup**

1 teaspoon olive oil  
1 red onion, diced  
1 tablespoon minced garlic  
½ bell pepper, diced  
2 cups of cauliflower chopped  
1 pound lean ground turkey  
1 packet taco seasoning  
28 ounces canned petite diced tomatoes  
1 can black beans  
4.5 ounces canned green chilies or your favorite salsa  
Greek yogurt, green onions

In large pot, heat oil over medium high heat and add onions and garlic until softened. Stir in bell pepper and cauliflower continue to cook to soften.  
Add ground turkey and cook until browned.  
Stir in taco seasoning to incorporate into meat and add tomatoes, beans, and chilies/salsa and bring to a boil. Reduce heat to simmer until ready to eat.  
Ladle soup into bowls and top with a dollop Greek yogurt, green onions