



Shrink Your Body, Grow Your Mind

Congratulations you've taken the step you've been looking for to find true balance in your life. Clean Cut is not just about what to eat and what not eat, it's about real mind shifts/pivots to create new lasting results. The next 6 weeks are the stepping stones needed to create new healthy habits. You will learn things about yourself, grow as a person all while learning what foods to eat, how they react in your body, trusting them, shortcuts to keep you on track, how to go out for dinner, travel and so much more. You will learn to make smart choices and eat around "life". We are here to guide you through real life, we never say never. There is room in life for the things you love. We teach you how to make choices around cheats and keep a balanced life. We strongly believe in the science and education of nutrition and fitness and want you to understand why things work. Excited?! We are!! Welcome to the CLEAN CUT 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. Understanding portion size
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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How the program works

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

Each week we will supply you with a menu guide along with approved recipes and a grocery list. This menu guide is just that...a guide, you can mix and match anything. Each week is designed to match the phase you are in so as long as you pick from the current week or the week prior you are safe. It's about balance and choices and all the recipes and meals are balanced for you. Over time you will find your safe "go to" meals and snacks and trust them. The weekly menus are designed so that each meal has the correct ratio of Good Fat to Net Carb and protein. 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!

This program is designed to turn on your fat burning system and shut down your fat storing one. All the foods we choose and put together will do just that. Getting your body to work as it should takes time so be patient. All the years of fat free, sugar free, yo-yo diets, processed foods, chemicals and stress causes our metabolisms to slow down. We want to help you reverse that. Over the next six weeks we will educate you on how. The key is CONSISTENCY! Without it the results you are looking for will be harder to reach.

What is CLEAN eating? It's limiting processed food. If it comes out of a package it's gone through a process. Yes, there are better options out there now than years ago but those need to be kept to a minimum (portioned). If you are eating out of your refrigerator you are most likely eating clean. REAL FOOD, that's what your body knows how to process. GMOs, additives, high fructose syrups to name a few are foreign to us and guess what..... are stored as fat. You may think you are tricking your body because that food label says fat free but what do the ingredients say? That's what your body is reading.

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



As we get started you will need to.....

- You will make a list of your bad habits. Set goals to conquer them. For example, drink more water, no sweets, etc.
- WATER. You will consume around half of your body weight in oz. (adding Pink Himalayan Salt helps Hydrate, we will discuss on our call or see blog on the site)
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- Buy a water bottle you will use. If you drink more from a straw then a straw it is!
- Use broths, oils, clarified butters to cook with. No sugar sauces.
- Keep your sodium low (excluding Pink Himalayan Salt, acts like an electrolyte) so cook with it, add to your foods, you can't overdo it, promise!!!!
- NO DAIRY, CARBS or SUGARS. (WEEK ONE), Dairy and complex carbs shows back up in moderation. Sugars we do our best to limit as much as possible. SUGAR is actually the cause of most diseases. Will explain more as the program progresses
- Limiting alcohol (can have clear alcohol with club or 1 -3 glasses of wine a week-**NOT WEEK ONE.**)
- 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. We believe you should enjoy your first cup of JOE the way you like it! One cup but it needs to be real cream, real sugar. FUN FACT...the cream in your sugar actually makes the coffee to be less acidic in your system (something else we strive for, less acid, more alkaline, more on that later). Other options are unsweetened vanilla almond milk or 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. All snacks will be a good fat and or protein.
- Protein, veggies and GOOD FATS (we will teach you which ones are good and why they work) These will be the core of your diet. GOOD FAT, BURNS FAT



Plan & Prep

PREP IS KEY! Yes you need to prep. You cook now we are just changing what you cook and how to prepare yourself for success. We will give you short cuts for your staples but the food you need will be real. Each week you will get your new recipes on Friday and have the weekend to prep for the upcoming week. 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 (all are fine). You will use leftovers for lunch. Keeping it simple and easy to grab will keep you on track.

Prep Products and Essentials

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





Timing of meals

Our goal is to help you find the foods that keep you satisfied so that urge to graze goes away. Grazing is a huge part of weight gain and slowing the metabolism. We will explain why insulin levels are so important to your success. The spike and lows are your worst enemy. Any food with fast burning carbs, like bagels, pasta, sugar etc. act like flint to a fire and burn up so fast leaving you hungry. That is why we urge you to focus on GOOD FATS, not only do they turn on your fat burning system they keep you full. We will teach you what good fats are how to use them and make you trust them. Not feeling hungry every three hours is a nice feeling.

How to stay connected and get the most out of the program

Over the years we have built a MEMBERS only facebook page for Clean Cut. REquest in to Clean Cut fitness and nutrition members only and you will see a world of past and present members living the Clean Cut Way.

This page is full of support, ideas, challenges, success and so much more. It is a CONSTANT in our world. We have post members there to answer question, give guidance and support. This is your hube, you tribe. It's actually amazing, real life, real people!



What does each phase or week look like?

Week One: The cleanse, no sugar at all (means no fruit either), no carbs at all, real food like lean proteins, veggies and good fats. We promise you won't be hungry and it won't be that hard once you get your head in the right spot.

Week Two: Similar to week one but we add in beans. These have carbs but also tons of fiber so they process differently in your body. They also add some depth to your meals. Still no fruit and sugar. Clean cocktails come in!

Week Three: This is the week we introduce complex carbs and some fruit. It's once a day or every other day. It's not every meal and it never will be. This phase is real life, this is where we want you to end up, the balance. You can have quinoa, sprouted breads, small sweet potatoes, some brown rice, small apple, berries, some mango, etc. It's all about portions and triggers. Here is where you will learn a lot about your habits and triggers.

Week Four: Oh week four, this is our recharge week. Week four we have found people start to get a little lazy and revert back to old habits, remember we are trying to make small pivots that lead to real change, it's not just what to eat and what not to eat. This week we challenge you to maybe do week one for ½ the week then add back in some carbs and fruits or give you some other type of challenge to keep you focused.

Week Five: We focus on timing of eating and talk about intermittent fasting, how it works and why it works but we first need to get you clean and eating the right foods before we head into it.

Week Six: We pull it all together, clear up any lingering challenges you may be facing and as always we are right here to support you in your continues journey to REAL LIFE BALANCE.



What food can you eat?

Here is a list of the foods you are allowed always. 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)



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
- Nuts of any kind
- 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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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.



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)

