

Clean Living Coach

CHEAT SHEET

ORGANIC JUNK FOOD IS STILL JUNK FOOD... BEWARE OF GLUTEN-FREE FRANKEN-FOOD.

"A healthy outside starts from the inside."

-Robert Urich

**"Pay the farmer
or pay the
hospital."**

-Birke Baehr-

*"Every time you eat is
an opportunity to
nourish your body."*

-Unknown



! D A N G E R !

• fluoride • dyes • artificial colors and flavors • pesticides • herbicides • chemical fertilizers • preservatives • GMOs • carrageenan •

! D A N G E R !

Clean 15

Onions
Avocado
Sweet Corn
Pineapple
Mango
Sweet Peas
Eggplant
Cauliflower
Asparagus
Kiwi
Cabbage
Watermelon
Grapefruit
Sweet Potatoes
Honeydew Melon

Dirty Dozen

Apples
Celery
Tomatoes
Cucumbers
Grapes
Nectarines
Peaches
Potatoes
Spinach
Strawberries
Blueberries
Sweet Bell Peppers
-always buy organic-

■ THIS

GOOD FATS

- organic extra virgin coconut oil
- grass fed butter (*Kerry Gold*)
- avocado (*don't heat*)
- sesame (*don't heat*)
- grapeseed (*don't heat*)
- safflower (*don't heat*)
- extra virgin olive oil

GOOD SUGARS *in moderation*

- raw honey
- real maple syrup
- palm sugar
- sucanat
- stevia

SWEETENERS

- see sugars



not. THAT

BAD FATS

- Hydrogenated/ partially hydro. oils
- Corn oil
- Vegetable oil
- Canola oil
- Soybean oil
- Margarine
- Shortening

BAD SUGARS

- White bleached sugar
- Agave nectar
- High fructose corn syrup
- "ose," if it ends in "ose," its sugar

ARTIFICIAL SWEETENERS

- Aspartame
- Splenda
- Sweet'N Low
- Equal

GMO's

(Genetically Modified Organisms)

- Corn
- Soy
- Pineapples
- Sweet Potatoes
- Salmon
- Canola

Look for GMO-free project approved website

ENRICHED WHITE FLOUR

It's poisoning you!

(pizza crust, bread, crackers, wraps, etc.)

- Synthetic B vitamins
- Reduced iron *(extremely toxic)*
- Bromine *(endocrine distruptor)*

SOY

Say no to soy!

(check out this book:

"The Whole Soy Story"

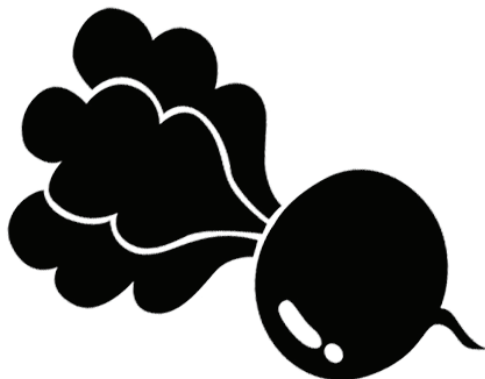
by Dr. Kayla Daniel)

MSG

Excitotoxin that hides under dozens of names on food labels.

Causes serious neurological damage, migraines, seizures, heart palpitations, and hundreds of other symptoms

Visit msgtruth.org



READ EVERY LABEL
don't eat what you can't pronounce

SHOPPING TIPS

- buy locally and eat seasonally
- shop the perimeter of the store
- support local farmers/markets
- buy one ingredient foods with no labels
(veggies, fruits, butter, raw milk)

BOOK

RECOMMENDATION

a great place to start learning more about clean living:

Living Balanced: Healthy Mind & Body Reference

Guide by Stacey A Kimbrell



TOSS THE MICROWAVE OVEN!
NUKING DESTROYS NUTRIENTS
REPLACE WITH A CONVECTION TOASTER
AND STOVE TOP REHEATING.

MOVIES



that will change
your life:



A Diet for All Reasons
A Place at the Table
A River of Waste
Beautiful Truth
Bottled Life
Cowspiracy
Death by China
Diet for a New America
Dive
Drugs Never Cure Disease
Earthlings
Eating
Farmageddon
Fast Food Nation
Fat, Sick, and Nearly Dead 1 & 2
Fed Up
Fluoride: The Hard to Swallow Truth
Food Chains
Food Fight
Food, Inc.



Best Choices

- 100% grass fed beef
- 100% grass fed butter, milk, yogurt
- pastured eggs (buy local)
- organically grown vegetables, fruits
- grow a garden
- get to know your local farmer
- go back to basics - simple meals
- 80% plants (fruits + veggies), mostly raw

YOU ARE WHAT YOU EAT.
PRAY OVER YOUR FOOD.
MAY YOU NEVER KNOW
WHAT YOU'RE PREVENTING

"The food you eat can be either the safest and most powerful form of medicine or the slowest form of poison." -Ann Wigmore

"You don't have to cook fancy or complicated masterpieces—just good food from fresh ingredients." -Julia Child

"No tricks, gimmicks, special pills, special potions, special equipment. All it takes is desire and will."
-Richard Simmons

"You are what you eat, so don't be fast, cheap, easy, or fake." -Unknown

"You don't have to eat less, you just have to eat right." -Unknown

"Came from a plant, eat it; was made in a plant, don't." -Michael Pollan

Overwhelmed?

Start simple.

Flip over the box of each thing you eat and look at the ingredients list. If you don't know what it is, Google it, with the words "dangers of" in front of the ingredient. If you want ice cream, it's not bad. Just grab ice cream with milk, vanilla, and eggs instead of icecream with 30 ingredients. The shorter the ingredients list, the better.

Where did I start?

Week 1 I cut soy.

Week 2 I cut hydrogenated oils (which cause cancer).

Week 3 I cut dyes.

Week 4 I cut preservatives.

Week 5 I cut nitrates.

Week 6 I cut all processed food.

Week 7 I cut all sugary drinks.

Week 8 I cut corn syrup.

Week 9 I cut all GMO's-- genetically modified food.

Week 10 I cut gluten. And I feel GREAT. Take it one step at a time with what you can handle.

10 weeks to a healthy diet, in baby steps.
Every choice pulls you closer to feeling healthy.

-Sarah Harnisch