

Chapter 1 : BODYISM | The World's Leading Wellness & Weight Loss Company

The Eat-Clean Diet is a beautiful book with lots of pictures of delicious-sounding recipes with nutrition information, glossy pictures, sample meal plans, grocery lists, and more to help dieters.

We break down the essentials to clean eating: What is Clean Eating? Not only that, but those definitions can vary wildly from individual to individual. As always, clear it with your doctor before you make any changes to your diet. A diet is something you do for a month or two so that you can lose a few pounds and then return to your normal eating habits and gain all the weight back, hence the term: You eat as much food as you need i. Not about meal frequency. Meal frequency and clean eating are two separate things. In fact, how often you eat is probably being given way more significance than it deserves. To cut a long story short: Sure it takes more work, but the results are certainly worth it. Also remember that as you clean up your eating habits, your tastes change and you get to the point where you actually crave healthy food. Clean eating is about eating healthy most of the time. The key to clean eating is aiming to eat healthy most of the time, and still being flexible about it. That said, to eat clean, you want to avoid the following most e. Convenient, but you pay for that convenience because processed foods are usually high in chemical additives, trans fats, salts and refined sugars. Avoid most refined foods. This means refined flour, sugars high-fructose, white, brown, and the rest , trans-fats etc. Avoid artificial ingredients and preservatives. As the saying goes: This includes artificial sweeteners! The long and short of it is: Avoid soda and fruit juice. The problem you encounter with clean eating is when you try to create a one-size-fits-all definition. The truth of it is that everyone has a different genetic makeup and nutritional science is ongoing with new discoveries being made all the time. Is it any wonder why almost no one, including most of the experts, can agree as to what constitutes the ideal diet? Do this most of the time! Account for individuality. First and foremost, whatever eating habits you choose to make, you need to make it about you. In other words, you need to tailor your diet to: However, someone else may be sensitive to nightshades, so their version of clean eating would mean they need to avoid tomatoes, eggplants but could eat all the cheese they wanted. Eat according to your goals. Eating to lose weight, maintain your weight, or gain weight in the form of lean muscle, hopefully! Get as many veggies as you can: The idea is to make sure you have a variety of veggies on your plate as many colors of the rainbow as you can get and to vary the veggies you eat as often as possible. Eat fruits in moderation. Fruits are a sweet treat and a nutritious alternative to candies and other refined sugars, but it is possible to eat too many. Also, modern day fruits are generally much larger and higher in sugar than they would have been naturally hybridization. One budget-friendly option is to have fewer, but higher quality meat-eating days. For lower quality meats, you probably want to get leaner cuts, as chemicals can accumulate in the fatty tissues. Yes, even some healthy i. You can get healthy fats from, for example, fish e. Use high-quality supplement s. Drink mostly water and enough of it. How much water should you drink? It differs depending on a number of factors, but rule of thumb: Hey, what about carbs?! What about macronutrient ratios?! What about macronutrient ratios? These will probably vary according to your genetic makeup, your body type, your activities etc. The bottom line, as far as we are aware, is that there is no magical macronutrient ratio for fat loss or gaining muscle. Essentially what this means is that you need to find out what works for you personally, and as always check with your doctor before you make any diet changes. Do you eat clean? What does clean eating mean to you? You should share it!

Chapter 2 : Beginners Guide to Eating Clean - FitBodyHQ

Discover our unique gyms, cafes and supplements, all carefully designed around our four pillars of health to create a beautiful, lean body. Welcome to BODYISM, the leading holistic wellness company founded by James Duigan.

Your foolproof guide to cleaning up your diet, eating healthier and feeling better. These are our best tips to help you start eating clean. That means embracing whole foods like vegetables, fruits and whole grains, plus healthy proteins and fats. It also means cutting back on refined grains, additives, preservatives, unhealthy fats and large amounts of added sugar and salt. Even if you only take a few steps toward eating cleaner—cutting back on processed foods, for example, or eating more fruits and veggies and, if it works for you, buying a few more organic—it can still make an impact on your health. Here are some helpful tips to get you started.

Eating more fruit and vegetables can help significantly reduce your risk for a number of chronic diseases, including high blood pressure, type 2 diabetes, heart disease, obesity and cancer. The fiber in whole produce also helps keep your microbiome the collection of good bacteria that live in your gut happy, which can reduce your risk for autoimmune diseases, fight off pathogens and infections and even improve your mood.

Lemon-Pepper Linguine with Squash 2. Go Whole Grain The cleanest whole grains are the ones that have been touched the least by processing. Think whole grains that look most like their just-harvested state—quinoa, wild rice, oats. While some people abstain from eating any processed grains, we think that whole-wheat pasta and whole-grain bread made with simple ingredients are part of eating clean. Sometimes you just need a hearty slice of avocado toast or a bowl of pasta. Whole grains should always be the first ingredient, the ingredient list should be short and recognizable, and it should have minimal if any added sugar. Plus, people who eat more whole grains have an easier time losing weight and keeping it off long term.

Eat Less Meat More and more research suggests cutting back on meat is healthier for you and the planet. Plus, eating more plants helps bump up the fiber, healthy fats and vitamins and minerals in your diet. Most Americans get much more than the recommended 0. Eggs, dairy for a clean option, choose dairy with no added sugar and simple ingredients beans and nuts all offer protein—see our list of top vegetarian protein sources for even more options. Clean eating also means cutting down on processed meats like cold cuts, bacon and sausage.

Homemade Trail Mix 4. Technically when we chop, mix and cook at home we are processing foods. The trouble is that so much of processed food at the grocery store is processed beyond the point of recognition. Clean processed foods exist like plain yogurt, cheese, whole-wheat pasta, and packaged baby spinach. And while you can make salad dressings, pasta sauce, mayo, hummus and broth at home you can also find clean versions at the store. Just read the ingredient list. Our bodies digest processed and unprocessed foods differently. In the case of white bread vs. Limiting packaged foods can also reduce your exposure to BPA found in some canned foods and other chemicals found in plastics.

No-Sugar-Added Oatmeal Cookies 5. Limit Added Sugar Most people eat too many added sugars. The American Heart Association recommends no more than about 6 teaspoons per day for women and 9 teaspoons per day for men. The average American gets about 4 times that amount—28 teaspoons of added sugar per day. To clean up your diet, cut down on added sugars by limiting sweets like soda, candy and baked goods. They come packaged with fiber, protein or fat to help blunt the effect of sugar on insulin levels.

Spaghetti with Quick Meat Sauce 6. Keep an Eye on Sodium Just like with sugar, most of us are getting far more sodium than we should. The Institute of Medicine recommends capping sodium at 2, milligrams daily, about one teaspoon of salt. Cutting back on processed foods will help you reduce your salt intake, as most packaged foods contain more sodium than homemade versions. To help minimize salt while you cook, flavor your food with herbs and spices, citrus and vinegar. Clean eating recipes can still use salt, it is essential for bringing out the flavor of foods, but we use it smartly and sparingly. Coarse sea salt or kosher salt can add punch when sprinkled on dishes at the end of cooking, and they contain less sodium teaspoon for teaspoon compared to table salt. Consider the Environment Clean eating is better for you and the planet. The food we eat takes resources to get to our plate. According to some estimates, agriculture may account for one third of all greenhouse gas emissions. The meat industry is one of the biggest offenders. It takes a lot of resources to raise and feed an animal and the methane released from

digestion and manure especially for cows, goats and sheep makes that carbon footprint even bigger. Some modern fishing practices have destroyed natural marine habitats and overfished certain species of seafood. Produce production can also take a toll with the types of herbicides, pesticides and synthetic fertilizers impacting water and soil quality. A vegetarian diet requires 3 times less water and 2. Shifting from a meat-forward style of eating to a plant-based style could slash greenhouse gas emissions as well as add about a decade to your life, per a study in Nature. Choosing organic or grass-fed meat and purchasing sustainably-caught or farmed seafood makes your proteins a more environmentally-sound choice. Fruits and vegetables can be purchased organic, as well as local and in-season to help cut down on their carbon footprint. Hopefully, these tips have inspired you to clean up your diet. See more on clean eating:

Chapter 3 : Clean and Lean Diet

The Clean & Lean Diet is based on the reasoning that the human body stores fat either in case of famine or as a safe way to store toxins that the body can't process. The diet emphasises the.

When something sounds this good, we had to know more! James Duigan, founder of the Clean and Lean diet and full time fitness trainer to the stars at Bodyism , says the trick to the diet is the fact there is no magic formula. Instead of depriving yourself of all carbs, juicing yourself into a liquid coma or counting calories to the brink of sanity, the Clean and Lean diet advocates the miracle of eating in moderation. It may not be groundbreaking to most of us, but in the world of diet plans, this one stands out. Rather than just another crazy fad diet creeping into the already crammed world of diet plans, this is a lifestyle change that focuses on the key principles of healthy eating and weight loss. We just want you eating well so your body can manage the times when you need to eat something bad. So why so successful? Not a body that is gym-honed to within an inch of its life, or scarily skinny! a body that is just the right side of athletic – the perfect mix of curvy, slim and healthy. He believes that processed foods all hold toxins that prevent the body from working in the way that it is naturally intended and, as a result, becomes prone to storing fat. A toxic body will find it difficult to digest or retain nutrients properly – to get to the point – you need to clear out your excretory system skin, liver and kidneys and get it working as efficiently as possible. If the bodies of his celeb devotees are examples, then count us in right now. Clean food means food that is as close as possible to its natural state. Things that have sugar such as glucose listed in their top three ingredients; contain artificial preservatives or flavours; or have a series of unrecognisable ingredients are all out. So things like chicken, fish, dark and light meats and eggs should be eaten with avocados, seeds, nuts, spinach, sweet potato, and broccoli. Main point – no toxins allowed. That means sugar is out completely. Alcohol, caffeine and bad carbs like pasta and bread are also not recommended. Why should you try it? A lot of the success of dieting comes from training your mind to think differently about good and bad food and this diet really helps with that. You should wake up feeling rested and energised, ready to take on the day. Your concentration will improve, along with your sex drive and your mood. Well the Clean and Lean diet has received a pretty positive reception from the medical and health worlds. That being said, the clean and lean diet omits wholegrain foods and is fairly low in carbohydrates , which could affect fibre and B vitamin intake. The omission of processed foods, however, is positive for health and will likely result in weight loss and improved energy levels. Tweet us at sofeminineUK and let us know!

Chapter 4 : BODYISM BLOG: Fitness, Recipes, Sleep Hacks, Mindfulness, Wellbeing

If you want a lean physique, you know you need to eat a clean diet along with your workouts. But that doesn't mean spending half your day wanting to gnaw off your arm of munching on carrot sticks alone.

Chapter 5 : 31 Clean & Lean Recipes for Weight Loss

This easy clean-eating meal plan for weight loss features healthy whole foods and limits processed items to help you clean-up your diet. Eating clean is a great way to up your intake of good-for-you foods (like whole grains, lean protein, healthy fats and plenty of fruits and veggies) while limiting.

Chapter 6 : Clean & Lean Meal Plan Sample!

Celebrity trainer James Duigan's Clean and Lean Diet Plan involves cutting out 'toxic' foods that encourage the body to store fat - including alcohol, sugar, and processed foods. Meals on James's diet plan are full of fish, lean meat, and fresh vegetables.

Chapter 7 : 14 Day Clean & Lean Diet Plan - Slimming Solutions

Hi all, I have just finished the 14 day Clean and Lean Diet Kick-start and though I would share my experiences in case any one else is doing or thinking of doing it.

Chapter 8 : 23 Recipes To Make You A Lean, Mean, Clean-Eating Machine | Allrecipes

And if you're doing the Mediterranean Diet, you're already eating clean. Clean eating is eating close to nature, without too much human or industrial interference along the way. Here's a simple way to determine if food fits the clean-eating concept.

Chapter 9 : Clean and Lean Diet Plan | Diet Plans | Bodychef Home Delivered Diets

A truly successful 'diet' is one that is not a fad, doesn't involve complicated instructions, and doesn't eliminate entire food groups - and James Duigan's Clean & Lean concept is just that.