

# End Dieting

LEARN HOW TO  
EAT CLEAN  
&  
FEEL YOUR BEST!



BeeWell

Nutrition Health Wellness

[beewell.com](http://beewell.com)



# Welcome!

I'm Sami Bee, or Coach Bee, and I'm a certified health and wellness coach who works with people to find optimal nutrition, drop weight, and relieve stress so that they can live the best life possible!

This free guide on clean eating will help set you on a journey to better health, more energy, and even help you drop a few pounds as you learn to focus on high nutrient foods that will leave you satisfied, energized, and feeling fabulous! Be sure to check out my upcoming follow up personalized 3 week mini-program "Fresh & Simple" (summer of 2021) to continue with your health goals at [BeeWell.com](http://BeeWell.com)

OR, join us on the free Facebook group [BeeWell Healthy Hive](#) for daily tips, articles, inspiration, journal prompts, and personal weekly health challenges to keep your journey going!

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# Introduction

Diet trends change frequently, but clean eating is a strong movement that is only gaining more momentum. Eating clean can have a powerful impact on your life because it affects your body and your mind. Have you checked how many additives and chemicals are in your favorite packaged foods? You'll see a list filled with long and mysterious names.

The basic principle of clean eating is to eliminate processed foods from the diet. In addition to being high in sugar and salt, refined foods have many chemicals, preservatives, and additives. They can have a negative impact on the body that ranges from weight gain to allergies.

Eating clean means, you're focused on choosing healthy, natural foods and are paying attention to the sources of your food. This pattern of eating will keep you full and satisfied, while providing the maximum nutrition to keep you looking and feeling your very best!

Clean eating can transform your life.

Let's Explore...

# *UNDERSTANDING THE BASICS OF CLEAN EATING*

Clean eating focuses on a diet of unprocessed and healthy foods. Instead of counting calories, your center of attention is on finding and eating whole foods. Your entire diet changes after a commitment to eating clean. Your meals are more frequent and smaller during the day. In addition, you'll feel fuller and avoid blood sugar spikes. You'll learn to appreciate food again with a renewed sense of love.

## **Consider these tips:**

### **Understand this is a lifestyle change.**

- ~Clean eating is more than a diet trend that vanishes at the end of the week. It's a lifestyle change that will leave you feeling and looking fabulous!
- ~A true commitment to clean eating requires that it become a permanent lifestyle change. It's important to know the value of SMALL steps when approaching this way of eating. Start small, and add to it as you go.
- ~Without counting calories or worrying about portion sizes, you are able to adjust to the lifestyle change easier. This type of eating fills you with high nutrient foods that are low in calorie content!

### **Accept a gradual transformation of your diet.**

- ~It's not easy to eliminate every processed food from your diet, so a more gradual approach lets you slowly exchange the bag of potato chips for baked kale chips you make in your own oven.
  - ~It's easier to switch to clean eating by using a slower approach. Your family members may need time to accept the loss of their favorite pretzels or burgers.
  - ~Cutting out the junk food may be easy, but processed foods are also lurking in other parts of the kitchen and cabinets. The canned soups and lunch meats aren't part of a clean eating plan, so make a plan to get rid of them.



## **Learn to pay attention to your food.**

- ~Clean eating will change how you look at food and what you're willing to accept on your dinner plate.
- ~Today's busy lifestyles can keep people from paying attention to their meals. They grab a quick breakfast or snack of easy, quick, junk food during the day to deal with hunger pangs. Clean eating addresses all of these issues by making you focus on each bite.
- ~Relying on other organizations for food safety may not work. The Food and Drug Administration (FDA) hasn't examined or analyzed every additive or chemical in food to see its impact on human health. You have to be vigilant and search for information about them yourself-easy tip-if you can pronounce the ingredient, it's likely a chemical.
- ~Clean eating is not a diet trend that will fade after a few days or weeks. It is a long-term lifestyle change and commitment to eating better.





# *Basic Guidelines for Eating Clean*

The basic guidelines for clean eating are easy to follow and require a promise to avoid processed foods in the diet.

Refined foods have been increasing in number since the 1940s. Today's supermarkets and grocery stores are filled with many processed options that make cooking unnecessary. However, clean eating will help you avoid them.

*Try these techniques for clean eating*



## **Focus on whole foods in your diet**

Whole foods are items like an apple, or whole grains. They're not processed or refined, and there is no long list of ingredients with strange names on their labels.

Eating straight from a farm is the ideal way of avoiding processed foods. However, this isn't an easy option for everyone, so there are other ways to get whole foods.

Focusing on organic produce is essential. Whole foods grown without pesticides or other chemicals are the best option. Organic items are becoming more popular, so more local stores are carrying them.

The goal of clean eating is to eat fresh foods as often as possible. Fresh bananas, ripe cherries, and green kale are preferred over muffins, pancakes, or chips.

The clean eating plan replaces white flour with whole grains. You can use bran, quinoa, amaranth, and other popular grains in your cooking to create delicious meals that your family will adore.

## **Get rid of canned and bagged items in the kitchen**

An easy way to start the clean eating diet is to remove all of the canned and bagged items in the kitchen that are not whole foods.

The canned soups, vegetables, and fruits aren't part of the clean eating plan. The cans can have BPA, a chemical capable of disrupting human hormones, and previous studies from the Environmental Working Group found high levels in cans.

Avoid packaged lunch meats and crackers because they're usually filled with additives and chemicals.



## **Reduce the amount of sugar in your diet.**

The clean eating plan recommends reducing the sugar in your diet, but it can remain in some healthy forms. For example, fresh fruit is an acceptable food.

Eliminate artificial sweeteners. Artificial sweeteners supply empty calories that aren't part of the clean eating plan. These sweeteners include acesulfame potassium, aspartame, saccharin, and sucralose.

High fructose corn syrup is another source of sugar that is not recommended.

Natural sources of sugar can stay in your diet in small amounts.

## **Eat more fresh fruits and vegetables**

It's important to experiment with new fruits and vegetables, so your diet has variety. Have you tried passion fruit with your breakfast or added kiwi to your lunch?

Organic and fresh items are the best choice for a clean eating plan.



## **Eat more nuts and seeds**

Nuts and seeds are important sources of protein and other nutrients. They can give you more energy and strengthen your health.

From pecans to cashews, your diet will benefit from the addition of nuts and seeds.



## **Add healthy fats and get rid of trans fats**

Trans fats aren't nutritious, and the Mayo Clinic considers them the worst category of fat.

Many processed foods contain trans fats. They're common in baked goods like cookies and fried foods like French fries. Trans fats can wreak havoc on your cholesterol levels by increasing the bad cholesterol while decreasing the good one.

Healthy fats such as avocado oil are better for your body. Healthy fats can improve cholesterol levels and help those who have diabetes.

## **Enjoy low-fat, organic dairy products**

It's not easy to cut dairy for some people, and the clean eating plan allows low-fat, organic products.

Hormone-free dairy products are best, and many organic items will indicate this.

## **Avoid foods with complicated ingredient names**

Many processed items have long ingredient lists filled with puzzling names.

Organize your meals into five or six parts per day. Try smaller, but more frequent, meals.

This plan will help improve your metabolism while keeping you full longer. In addition, it helps avoid dangerous blood sugar spikes.



## **Learn to mix carbohydrates, protein, and healthy fats at every meal**

The best clean eating plates have a combination of carbs, protein, and fats. This also helps you feel full and gives you energy.

Whole foods are at the heart of the clean eating diet. It's essential to focus on raw and fresh ingredients at every meal.

The elimination of processed foods will help you discover new foods that are healthier. Your meals can be filled with a variety of fruits, vegetables, nuts, seeds, low-fat dairy, and fresh meats. Once you've replaced packaged and refined items with healthier options, you'll notice a positive change in the way you feel.



# *The Basics of Clean Nutrition*



## **VEGETABLES**

Aim for 2-3 cups each day, and focus on brightly colored veggies and leafy greens to get vitamins and fiber into your diet. Not a veggie eater? Try adding "hidden" veggies into a smoothie, or add pureed veggies to sauces.



## **FRUITS**

Fruits make delicious snacks while adding super nutrients and fiber to our diets. Keep fruit available for a quick energy burst between meals, and add them to your cereals, smoothies and yogurts for a healthy, sweet, treat.



## **GRAINS**

Try to get 6 servings of grains into your diet each day-but be sure that half of those are **WHOLE GRAINS** like brown rice, whole grain breads, crackers, pastas, and cereals, Mix up your meals with some quinoa or steel cut oats!



## **PROTEINS**

The average adult should aim for eating about half their weight in grams of protein. (130 lbs=65 grams of protein) Look for lean cuts of chicken, beef, and don't forget fresh fish and other seafood! Protein can also be found in many whole grains and veggies!



## **DAIRY**

Calcium is an important mineral for healthy bones as we grow, and then begin the aging process. Aim for 2-3 servings each day, and choose lower fat options. Great choices are yogurts and cheeses.



## **HEALTHY FATS**

Healthy fats are important for every body! Don't fear fats!! Add some olive oil to your dressings and recipes, snack on nuts and seeds. Healthy fats should make up about 25-30% of you daily nutrient intake, and help keep your heart, skin, and joints healthy!



# *Shopping Tips for Clean Eating*

At first, eating clean may be a challenge to your shopping habits. However, once you establish guidelines and find the right foods, you'll look forward to going to the grocery store.

It may be better to shop once a week, so your kitchen will have the freshest ingredients. If your busy schedule requires you to shop differently, then consider stocking up on some items or growing your own produce.

Clean eating is easier if you cook at home, so plan the shopping list carefully.

Also, consider the recipes you'll be preparing ahead of time and stock up on essentials.

*Follow these basic strategies in shopping for food.....*

## **RAW FRUITS, VEGETABLES, NUTS, AND SEEDS CAN DOMINATE THE LIST**

Since clean eating focuses on these items, your list will be filled with healthy produce. Consider purchasing vegetables that can double as snacks. Have you tried eating baby carrots or cherry tomatoes as snacks? A homemade ranch dip is perfect for enjoying these snacks.



## **ADD HEALTHY FLOURS AND GRANOLA TO THE LIST**

Be choosy, sometimes these items can be unprocessed and healthy



## **FOCUS ON THE ORGANIC AISLES IN THE STORE**

You'll want to try to buy organic items as often as possible. In addition, the clean eating plan works best if you can find local items that are currently in season. Farmers markets are great for this. You'll have to read labels carefully to find local and organic items.

You may have to ask the store manager questions about where they get their food. Local farms are the best choice.



## VISIT FARMER'S MARKETS AND HEALTH FOOD STORES

Your local farmer's markets are an excellent source of local products. Health food stores are another option for finding a variety of unprocessed items.



## PURCHASE FROZEN FRUITS AND VEGETABLES

Organic, frozen fruits and vegetables are the second-best option. If fresh produce isn't available or if you need to stock up on items, then frozen foods can help. You'll find a wide variety of choices.



## STOCK UP ON ESSENTIALS

Essential kitchen items like uncooked rice or quinoa can be life-savers during a busy weeknight.

Whole grain pasta with no preservatives or additives can also be a part of many meals. Dried beans are another kitchen essential that can be worked into multiple recipes and meal plans.



Shopping for clean eating diets can be a fun experience. Once you master the basics and know the ingredients you need, you'll have fun experimenting in the kitchen with different recipes.

# *Cooking Tips for Clean Eating*



## **AVOID DEEP FRYING FOODS**

Frying may be quick, but it's not part of the eating clean plan.

You can still fry foods in healthy fats but avoid deep frying. Instead of frying, consider steaming or stewing.



## **AVOID EXCESSIVE SALT**

Salt can add flavor to your meals, but excessive amounts aren't necessary or healthy. Instead of salt, consider trying different herbs and oils to add flavor to your meals.



## **GOOD KITCHEN TOOLS**

Do you have good pans and skillets? These kitchen items are crucial to making healthy, clean eating meals.

When was the last time you sharpened your knives or cleaned the kitchen shears? If you have good tools, then cooking at home is less of a challenge and more of a fun experience.



# More Tips for Clean Eating



## **TRY MEAL PLANNING FOR EASY LIVING**

Planning out your meals in advance can help save money, time, and food! Plan meals around basic proteins and grains, and add in fruits and veggies as offered by the seasons.



## **CONSIDER MEAL PREPPING**

Spending a short time each week prepping meals in advance can save a ton of time and make meal times much more relaxing. Imagine having fresh and healthy meals already waiting in your fridge!



## **MAKE IT A LIFESTYLE**

Clean eating will change how you cook. The focus on raw and fresh foods means there are fewer things to prepare. Enjoy a large variety of foods and cooking techniques to keep your diet fresh and exciting. A kitchen that has the basic ingredients and tools to make cooking easier will make changing to a clean eating diet a faster process.

# TIPS FOR SPICING UP YOUR MEALS



Clean eating can be a challenge if you've spent years enjoying fast food burgers and fries. Spicing up your meals is one way to make the transition easier.

Spices and herbs can make eating clean an enjoyable experience. You can get the family involved in picking out their favorite flavors. Then, you can incorporate their top choices into new and old recipes.

Spices and herbs can do more than make a simple chicken dish spectacular. They can add important and healthy nutrients to your meals.

Try these spices to add variety and additional healthy benefits to your foods:

## Cinnamon

~Add cinnamon to homemade granola or homemade muffins that follow the clean eating plan.

~Cinnamon can help control diabetes and improve cholesterol levels. It also has the ability to reduce inflammation.

## Turmeric

~Turmeric appears in many recipes and has powerful health benefits.

~Turmeric has curcumin, which is an important chemical that can reduce the risk of cancer, and it has other benefits as well. It's an easy way to add color to your meals without using traditional food coloring products.

~This spice helps reduce inflammation in the body while increasing antioxidants. It also improves brain function.

## Thyme

~Thyme has several nutrients that are essential for body function. It has vitamin C, manganese, and other minerals and vitamins.

~Thyme has antioxidant properties that can help protect cells from damage.

~This herb can provide essential dietary fiber that is part of the clean eating plan. It can be easily added to homemade pasta sauces. Thyme can also be a part of omelets and soups.

## Rosemary

~Rich source of antioxidants and anti-inflammatory compounds that boost the immune system and improve circulation.

~Considered a cognitive stimulant and can improve memory.

~Can boost alertness and focus, and adds great taste to soups, salads, chicken, and fish dishes.

## Basil

~Similar to other herbs, basil is filled with antioxidants. However, it also has vitamin A and vitamin K. In addition, basil has the ability to cut down on inflammation in the body while providing dietary fiber.

~Homemade pasta sauce often incorporates this herb. You can use it in salad dressings or try adding it to your favorite soup. Fresh basil can also be added to salads.



# Why Clean Eating is Worth It!

Clean eating requires a complete lifestyle change. Your shopping, cooking, and eating habits are modified in this diet. However, it's worth making the change because you will strengthen your health.

The U.S. Department of Health and Human Services has found that your diet matters greatly. The study, "High Costs of Poor Eating Patterns in the United States," found better diets can reduce health expenses by \$71 billion. Changing your diet can help you reduce your own medical expenses.

**There are multiple benefits to the clean eating diet:**

## **LOSE WEIGHT**

By focusing on healthy, whole foods and cutting refined products out of your diet, you can lose weight.

Whole foods have more nutrients than the refined and processed ones. This helps control your hunger, so you can make healthier food choices throughout the day. In addition, smaller portions and meals help cut down on extra calories.

## **STRENGTHEN YOUR IMMUNE SYSTEM**

Clean eating cuts out the refined sugars and unhealthy fats that can drag you down. The addition of herbs and spices also helps boost the immune system.

## **CLEARER SKIN**

By eliminating the chemicals and additives in processed foods, you'll enjoy clearer skin.

## **ENJOY MORE ENERGY**

Clean eating encourages you to combine proteins with carbohydrates and fats. This meal plan gives you more energy on a daily basis.

## **UPLIFT YOUR MOOD**

The study, "On carrots and curiosity: Eating fruit and vegetables is associated with greater flourishing in daily life," found that adding more fruits and vegetables to the diet makes you happier.

## **SLEEP MORE SOUNDLY**

A study from the University of Chicago found that diet is tied to sleep patterns, and other studies show a connection. Eating clean can help you sleep better by regulating your metabolism and blood sugar.

If you're eating clean, then you'll notice many health benefits. Although it's a diet plan that can help with weight loss, there are also other advantages. Clean eating is a powerful way to improve your body and nurture your mind.

# *Ready to take the next step?*

Congratulations on completing this short program! I hope that you have gained some new habits and skills that will help you lead a happier, healthier, more fulfilled life!

Your journey is just beginning, and I hope that I can be of further assistance to you as you travel this new path! My job as a health coach is to educate, inspire, motivate, guide, and cheer you as you reach optimum wellness!! I've included some additional trackers and printouts to make your journey easier.

Please feel free to reach out to me to continue with this awesome path of self love, self care, and purposeful healthy living. I encourage your questions and I would love to work with you on a one on one personal level! [www.BeeWell.com](http://www.BeeWell.com)  
Join us on the free Facebook group [BeeWell Healthy Hive](https://www.facebook.com/BeeWellHealthyHive) for daily tips, articles, inspiration, journal prompts, and personal weekly health challenges to keep your journey going!

You can also follow me on Instagram  
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Thank you so much for taking this journey with me!!  
Be Blessed!

**facebook**



Date \_\_\_\_\_

# Wellness Plan Day 1

## **MINDFULNESS & JOY**

Journal Prompt: In 30 days, we can do things that will change our lives and our health. Today, what would you like to see your life and health look like in 30 days? What would that look like to you?

## **MEALS**

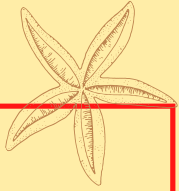
### **BREAKFAST:**

### **LUNCH:**

### **DINNER:**

### **SNACKS**

## **MOVEMENT**



## **RATE/IMPROVE MY SLEEP**

## **WATER**



## **STRESS RELIEF**

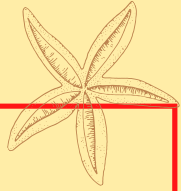
## **NATURE & LOVE**

Date \_\_\_\_\_

# Wellness Plan Day 2

## **MINDFULNESS & JOY**

Journal Prompt: Starting today, I will replace \_\_\_\_\_ with \_\_\_\_\_. I will do this by \_\_\_\_\_. How will that impact your life?



## **MOVEMENT**

## **RATE/IMPROVE MY SLEEP**

## **MEALS**

### **BREAKFAST:**

### **LUNCH:**

### **DINNER:**

### **SNACKS**

## **WATER**



## **STRESS RELIEF**

## **NATURE & LOVE**

Date \_\_\_\_\_

# Wellness Plan Day 3

## **MINDFULNESS & JOY**

Journal Prompt: Think about a perhaps silly thing about yourself, then explore it...how does that silly thing reflect something deep within your personality?

## **MEALS**

### **BREAKFAST:**

### **LUNCH:**

### **DINNER:**

### **SNACKS**

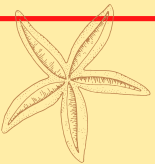
## **MOVEMENT**

## **RATE/IMPROVE MY SLEEP**

## **WATER**



## **STRESS RELIEF**



## **NATURE & LOVE**



Date \_\_\_\_\_

# Wellness Plan Day 4

## **MINDFULNESS & JOY**

Journal Prompt: Let's talk about sleep! What are things you can do to improve your night's sleep? What does your perfect sleep routine look like, and what steps can you take to achieve that?

## **MEALS**

### **BREAKFAST:**

### **LUNCH:**

### **DINNER:**

### **SNACKS**

## **MOVEMENT**

## **RATE/IMPROVE MY SLEEP**



## **WATER**



## **STRESS RELIEF**

## **NATURE & LOVE**

Date \_\_\_\_\_

# Wellness Plan Day 5



## **MINDFULNESS & JOY**

Journal Prompt: Today I will show kindness to myself by \_\_\_\_\_.

## **MEALS**

### **BREAKFAST:**

### **LUNCH:**

### **DINNER:**

### **SNACKS**

## **MOVEMENT**

## **RATE/IMPROVE MY SLEEP**

## **WATER**



## **STRESS RELIEF**

## **NATURE & LOVE**

Date \_\_\_\_\_

# Wellness Plan Day 6

## **MINDFULNESS & JOY**

Journal Prompt; I'm at my best self when I'm surrounded by \_\_\_\_\_.

## **MOVEMENT**

## **RATE/IMPROVE MY SLEEP**

## **MEALS**

### **BREAKFAST:**

### **LUNCH:**

### **DINNER:**

### **SNACKS**

## **WATER**



## **STRESS RELIEF**

## **NATURE & LOVE**



Date \_\_\_\_\_

# Wellness Plan Day 7

## **MINDFULNESS & JOY**

Journal Prompt: The last time I felt joy in it's least complicated form was \_\_\_\_\_.

## **MOVEMENT**

## **RATE/IMPROVE MY SLEEP**

## **MEALS**

### **BREAKFAST:**

### **LUNCH:**

### **DINNER:**

### **SNACKS**

## **WATER**



## **STRESS RELIEF**

## **NATURE & LOVE**

# Superfood Grocery list



## PRODUCE

- berries
- spinach
- broccoli
- kale
- avocado
- sweet potato
- mushrooms
- cherries

## PROTEINS

- walnuts
- salmon
- eggs
- greek yogurt
- almonds
- scallops
- edamame
- lentils

## GRAINS, FATS, OTHER

- beans
- oats and bran
- olive oil
- quinoa
- dark chocolate
- green tea
- garlic
- brown rice

# Food Journal

**DATE**

**TIME**

**FOOD/DRINK**

**HOW MUCH**

**NOTES/ CIRCUMSTANCE**


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the journey  
together!!!



Let's stay in touch

I'm looking forward to hearing from  
you!

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