

CLEAN EATING CHEAT SHEET

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What is clean eating?

Clean eating means you will be eating whole foods in their natural state. You will focus on eating unprocessed foods such as fresh fruits, vegetables, lean meats, and whole grains. You may consume nuts, seeds, and healthy fats in small quantities, and be sure to limit yourself to minimally processed dairy products such as low fat plain Greek Yogurt. Clean eating means you will not be eating highly processed foods, white flours, white sugars, chemicals, preservatives, foods with added sugars, artificial sweeteners, or foods with ingredients that you can't pronounce. If you can't say it, you can't eat it.

Clean Eating Dos

Do start each day with a glass of warm lemon water
 Do eat 5-6 small meals each day (no snacking between)
 Do space your meals 2.5-3 hours apart (set an alarm)
 Do consume a minimum of 64 ounces of water each day
 Do adhere to the clean eating food guide
 Do add lemon juice, vinegars, spices and seasonings to dishes (limit salt)

Clean Eating Don'ts

Don't eat foods that aren't considered clean
 Don't eat processed foods or foods with ingredients you can't pronounce
 Don't eat white flour, sugar, rice, etc.
 Don't eat artificial sweeteners (including diet sodas and sports drinks)
 Don't drink alcohol
 Don't snack in between designated meal times

Clean Eating Limitations

Limit caffeine (coffee with natural sweetener such as stevia or green tea)
 Limit dairy (stick to minimally processed products such as plain Greek Yogurt)
 Limit wheat (to avoid inflammation)
 Limit healthy fats (healthy fats still add up quickly)
 Limit fruits (2 servings before 5pm)
 Limit starches/carbs (2 servings before 5pm)

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

Vegetables

Artichokes, Artichoke Hearts
 Asparagus
 Bean sprouts
 Beets
 Broccoli
 Brussels sprouts
 Cabbage
 Carrots
 Cauliflower
 Celery
 Cucumber
 Eggplant
 Lettuce (kale, spinach, romaine, etc.)
 Mushrooms
 Onions
 Peas (green, pods, snap, etc.)
 Peppers (all varieties)
 Radishes
 Squash (all varieties)
 String beans
 Tomato
 Zucchini

In moderation:

Beans (black, kidney, garbanzo, etc.)
 Lentils
 Potatoes

Fruits

Apple
 Banana
 Berries (all varieties)
 Cantaloupe
 Cherries
 Grapefruit
 Grapes
 Honeydew
 Kiwi
 Lemon, Lime
 Mango
 Orange, Tangerine
 Peach, Nectarine
 Pear
 Pineapple
 Plum
 Watermelon

Starches/Grains

Brown Rice, Wild Rice
 Corn
 Oatmeal
 Peas
 Sprouted Grains (Ezekiel bread)
 Sweet Potato
 Quinoa or Other Grains (amaranth, millet, buckwheat, barley, bulgur, etc.)

In moderation:

Whole Wheat (bread, pasta, etc.)

Proteins

Eggs, Egg Whites
 Lean Meats (chicken, turkey, fish, etc.)
 Tofu, Tempeh

In moderation:

Beans (black, kidney, garbanzo, etc.)
 Lentils
 Quinoa

Fats/Dairy

In moderation:

Avocados
 Coconut
 Hummus
 Oil (olive, coconut, flaxseed, walnut, pumpkin seed, etc. - avoid vegetable)
 Olives
 Nuts, Nut Butters
 Seed, Seed Butters

In moderation:

Cheese (try to avoid)
 Low Fat Plain Cottage Cheese
 Low Fat Plain Greek Yogurt
 Low Fat Plain Yogurt

Dairy Substitutes

Unsweetened Almond Milk
 Unsweetened Coconut Milk



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