



## CHEAT SHEET

# Simply Clean: Start here.

The heart of the success of the Simply Clean system is consistency. You will streamline delicious clean eating into something you can do with a minimum of thought and prep every single day. In just a couple of weeks, eating clean will feel easy and automatic. When Simply Clean eating becomes second nature for you, your weight will normalize and your energy will crank up a notch. And Clean Food Central will provide you with all the tools you need along the way.

## 1. THE CONSISTENCY SYSTEM: Familiarity and Simplicity 10/10

**The 2 main cornerstones of consistent eating habits are familiarity and consistency.**

**Familiarity** – The most familiar foods are the easiest to eat in a consistent way. Research tells us that we also absorb the most nutrients from the foods we enjoy the most. Simply Clean is built on tasty, cleaned-up versions of all kinds of “regular foods”, the types of dishes you probably grew up with that help you feel at home in the kitchen.

**Simplicity 10/10** – All you need to remember for the Simply Clean eating system is 10/10: under ten ingredients in under ten minutes of prep time – easy!

\*Note: Sometimes cooking time takes longer than 10 minutes, but you’ll spend no longer than that, and often only 5 minutes, on hands-on prep.

## 2. THE RECIPES: Clean Food Main and Mini Meals: Protein, Produce, Fiber, Fat & Vitamin P

**Simply Clean provides ideas and recipes for just 2 types of dishes which will make up the core of your daily food, Main Meals and Mini Meals (MM’s).**

**Mains** are based on protein, produce, fiber and fat - 3 per day.

**Minis** (snacks) are smaller, lower in calories, and are based on at least 2 of the 4 core elements of protein, produce, fiber and fat - 1 or 2 per day whenever you need them to keep your appetite/cravings in balance.

Simply Clean is not based on any special diet, but is made up of seasonal, whole foods with minimal sugars, starches and processed foods. (No artificial anything – sorry, but that’s not food.) See the **Simply Clean Mix-and-Match-a-Meal Chart** to help you effortlessly build your own MM’s around protein, produce, fiber and fat.

The last 2 vital nutrients in the Simply Clean system are the **P vitamins: Pleasure and Presence**. Choosing to be present to your eating and take pleasure in your meals transforms clean eating from a chore into something that adds richness to your life. The simple acts of being more mindful of your eating, of chewing each bite and savoring the flavors, will also automatically adjust your portion size to exactly what you need at each meal, and radically improve your digestion, and thus absorption of the physical nutrients and life energy in whatever you eat.





### 3. THE MENUS: Simple, Simpler, Simplest

#### Planning your Simply Clean Menu

Will you have more success eating the same thing every day or do you need flexibility and variety to stay on track? Only you know what you need to stay consistent.

**There are 3 ways to eat Simply Clean - Simple, Simpler and Simplest – choose the best option for your needs:**

**SIMPLE (for the most variety):** Mix and match all the MM recipes on the 10/10 system or build your own using the Simply Clean Mix-and-Match-a-Meal chart.

**SIMPLER (for basic guidelines with some variety):** Use this meal template with 2 variations for every day:

**Breakfast:** smoothie or eggs

**Lunch:** soup or salad

**Dinner:** seasonal meal

**SIMPLEST (for no-brainer meal planning):** Eat the same template meals every day with endless varieties of seasonal ingredients:

**Breakfast:** smoothie

**Lunch:** salad

**Dinner:** seasonal meal

Look for the Simply Clean badge on the Clean Food Central recipes and menus to get started eating clean right now. Add any tags you like to the search to narrow things down. For instance, you might type in Simply Clean, main meal, chicken and gluten-free. Once you have mastered this core eating system, feel free to expand your repertoire with any of the wide variety of other recipes and goal-specific menus available to you to keep you motivated and inspired to continue eating clean for life.

