



CLEAN EATING

*Challenge*

JANUARY 2022

# GUIDELINES

With menu planner & suggested recipes

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# General Dietary Guidance

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## Food/Drink to avoid:

Caffeine (tea, coffee, red bull, Cola)

Alcohol

Gluten Grains (bread, pasta, pastry, wraps, couscous etc.)

Cow's milk products except for organic butter

Sugar (sweets, honey, cakes, biscuits, chocolate etc.)

Artificial sweeteners including diet sodas

## Key Dietary Suggestions:

Drink a cup of hot water with the juice of a lemon on waking

Drink at least 2 litres of clear fluid daily – e.g. filtered water, herbal teas or miso soup

Eat plenty high quality, clean, lean and organic protein

Incorporate plentiful healthy fats

Ensure you eat plenty of leafy greens & cruciferous vegetables

Include more phytoestrogens – chickpeas, tofu, tempeh, flaxseeds

Also, consider sea vegetables, fermented foods & bone broth







# Eating Clean

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This plan aims to keep your blood sugar stable by removing simple sugars, alcohol and stimulants. Clean-eating reduces the toxic burden on your liver and digestive system, whilst nutrient-dense foods support your liver and all other body systems.

Cruciferous vegetables - broccoli, cabbage, kale cauliflower, watercress, Brussels sprouts, cabbage, rocket and radishes

Citrus - lemons, limes, oranges and grapefruit

Alliums – garlic, leek, shallots & onions

Root veg – parsnips, carrot, sweet potato & beetroot

Leafy greens – spinach, rocket, watercress, parsley,

Healthy fats - avocado, olive oil, tahini, sesame & coconut oil

Nuts & seeds – walnuts, almonds, cashews, linseeds, sunflower & pumpkin seeds

Wholegrains & pulses – quinoa, brown rice, lentils, chick peas

In addition, high quality, low fat, organic animal proteins are included. These foods contain amino acids that support the liver during phase 2 detoxification, help to balance mood and reduce sugar cravings. Organic chicken and eggs, wild fish, organic tempeh, miso and tofu are all included in this plan.

# Further Refinements

Once you have worked through the initial changes, here are some further ideas:

Vegetable & fruit variety - try to eat a really broad range of brightly coloured vegetables each week (including salads, herbs and berry fruits). Aim for 30 – 40 different types each week.

Eat **organic** as much as possible and certainly all animal products

Include sea-vegetables – Kombu, Kale, Kelp, Wakame

Add fermented Foods – Kimchi, Sauerkraut

And fermented drinks - Kefir, Kombucha

Herbal Teas Chamomile, sage, fennel & cinnamon

Bone Broth Make your own or try:

<https://thebonebrothcompany.co.uk/>



# At-a-Glance Menu Planner – Week 1

As part of this challenge, I recommend you restrict eating to a maximum 12-hour eating window. If you eat your evening meal quite late in the evening, then this would mean delaying your breakfast meal. Depending on your meal timings, you may decide to eat lunch early, create a brunch or choose any breakfast option from the breakfast recipe pack provided.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lunch	<p><b>Grilled tempeh or smoked mackerel</b></p> <p>with wilted kale, spinach &amp; avocado</p>	<p>Chicken &amp; Courgette Bowl</p> <p>with hummus</p>	<p><b>Quinoa &amp; Lentil Tabbouleh</b></p> <p>with hummus</p>	<p><b>Carrot &amp; White Bean Soup</b></p> <p>with toasted pumpkin seeds &amp; pea hummus</p>	<p><b>Carrot &amp; White Bean Soup</b></p> <p>with toasted pumpkin seeds &amp; pea hummus</p>	<p><b>Asparagus &amp; Pistachio Salad</b></p> <p>with grilled chicken</p>	<p>Crunchy Garden Salad</p> <p>with aquafaba mayonaise</p>
Evening	<p>Chicken &amp; Courgette Bowl</p> <p>with Puy lentils (optional)</p>	<p>Herby Omelette</p> <p>with avocado, edamame &amp; mint salad</p>	<p>Chicken or Vegan “Tray Bake”</p> <p>with harissa cream</p>	<p>Seared Salmon</p> <p>with steamed broccoli &amp; sugar snaps</p>	<p><b>Broccoli &amp; Prawn Stir Fry</b></p> <p>with quinoa</p>	<p>Mediterranean Cod</p> <p>Or Zesty Walnut Falafels</p> <p>with herby salsa &amp; salad</p>	<p>Cajun Salmon</p> <p>with black bean salad</p>

Recipes highlighted in pink can be found at: <https://thehealtharchitect.co.uk/recipes/> This plan is just a guide; feel free to amend to suit your tastes.



# At-a-Glance Menu Planner – Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lunch	Skillet-Baked Eggs	<b>Vibrant Green Soup</b> with tempeh croutons	Sliced Pesto Chicken with Puy lentils	<b>Vibrant Green Soup</b> with tempeh croutons	Puy Lentils & Hazelnuts with poached egg	<b>Tempeh Toast</b> with spinach, cavalo nero & cherry tomatoes	Apricot, Tofu & Vine Tomato Salad
Evening	Poached chicken with creamy kale & garden peas	Pesto Chicken Tray Bake with steamed greens	Cannellini Bean & Cashew Patties with smashed peas & roasted courgette	Cure Everything Broth!	Ginger & Garlic Grilled Prawns with quinoa & lentil tabbouleh	Green Thai Cod with roasted sweetcorn & tenderstem	Peloponnese Chicken with minty green salad

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# At-a-Glance Menu Planner – Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lunch	Sweet Potato & Baby Kale Salad	<b>Parsnip &amp; Apple Soup</b>	<b>Parsnip &amp; Apple Soup</b>	Eggs “en Cocotte” with Puy Lentils, Roasted Hazelnuts	Broccoli & Roasted Chickpeas with Tangy Tahini Dressing	Smoked Trout & Quinoa Tabbouleh with Rocket	<b>Tempeh Toast</b> with sliced avocado, wilted spinach & poached eggs
Evening	Pesto Chicken, Snap peas, Tender-stem & Asparagus	Salmon en papillote	<b>Smoked Fish Chowder</b>	Tofu steaks With red cabbage Ragout	Mackerel Kedgeree Or Quinoa and Courgette Pilaff with Crunchy Garden Salad	<b>Zesty Walnut Falafels</b> with roasted beetroot & Brussels sprout	Chicken Parcels with roasted peppers & aubergine

Recipes highlighted in pink can be found at: <https://thehealtharchitect.co.uk/recipes/> This plan is just a guide; feel free to amend to suit your tastes.



# Lifestyle Medicine

Exercise is a key part of a healthy lifestyle, especially as it improves glucose uptake in the muscles, as well as insulin sensitivity. Aim to move for at least 45 minutes a day, raising your heart-rate significantly for around half of that time. In addition, improving muscle tone and size helps us to burn more calories.

Throughout this month we will move through a variety of yoga practices; some designed to help with conditioning and others to improve flexibility as well as spinal mobility. In addition, a regular mindfulness practice can really help you to feel calmer and alleviate stress; I find journaling, yoga and a “gratitude practice” the most helpful for me and I will be sharing some ideas through the month.

Here are some other lifestyle adjustments to help you reset:

- Prioritise sleep & stop “screen time” at least 1 hour before bed
- Boost magnesium with Epsom-salt baths
- Switch to natural toiletries and cleaning products
- Drink only filtered water
- Avoid plastic packaging and food-storage
- Switch off your WIFI at night







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