# How To Eat Clean

# How To Eat Clean

You'd like your eating plan to work for you - to get you the results that you want without lots of complicated steps. The good news is that clean eating does not mean complicated eating...it just means eating smart.
Read on for the NEW rules of clean eating that will make being healthy second nature. And don't worry, clean eating can still be very delicious. In fact, you'll find many of your new, clean meals to be better in flavour and more satisfying than your old, unhealthy eats.

## 1. Eat the RIGHT Type of Carbs

There is a hierarchy for which carbs have a place in a clean diet and which carbs will only fatten you up. The success of your eating plan rests squarely on which of these carbs you regularly include in your diet.

1. Green Vegetables

2. Non-Green Vegetables

3. Fruit

4. Whole Grains and Starches

5. Refined Grains

6. Foods with Added Sugar

The top 3 ranked carbs are where 90% of the carbs in your diet should be coming from...in order to get that lean physique that you want. Immediately cut out the bottom 2 (refined grains and foods with added sugar) and on occasion include a limited amount of Whole Grains and Starches.

## 2. Include Protein at Every Meal

Each of your meals should be built around a healthy serving of protein. This protein could be meat (chicken breast, fish fillet, roasted turkey, braised beef etc.) eggs, or protein powder.

# How To Eat Clean

Having protein as the focal point of your meal is important for two reasons: 1) You're fuelling up in a way that builds muscles rather than stores fat and 2) By default, you're avoiding high calorie main dishes, which are what really cause most weight gain.

## 3. Ban Liquid Calories

Liquid calories have no place in a clean eating plan. No place at all. Anytime that you are drinking calories, it's safe to assume that you're adding inches to your waistline. Put down the beer, just say no to the blended coffee drink, and forget about fully loaded soda pop. Filtered water and unsweetened tea are both wonderful alternatives to calorie-laden beverages.

## 4. Avoid Pre-Packaged Foods

Pre-Packaged foods and snacks have no place in a clean eating plan. These processed foods contain numerous unhealthy ingredients such as refined sugar, sodium, grains, fillers and other artificial ingredients. If you are currently eating packaged foods on a daily basis, then cutting these items out will quickly translate into pounds lost.

*Chris, myHealthCoach*