



Wellness NUTRITION

Food is FUEL...

"Clean Eating" is the word on every fit woman's lips at the moment, and with good reason! Clean eating stems from the idea of eliminating or reducing all chemicals from the body. This means little to no processed/packaged foods and getting back-to-basics in our approach. It's all about nourishing that beautiful body of yours, and fuelling it with nutritious, wholesome foods. That is what clean eating is all about.

So, you want to eat clean. You've got the will, you've got the want, and all your nourishing ingredients are ready to go...but you're scratching your head wondering, "Where do I start?" Not to worry we've got you covered.

Ditch the DIETS

Kick the CRAVING

Cut out the JUNK

Stay Hydrated

And create the
SEXY lean body of
your DREAMS

FOOD

NUTRITION IS 80% OF THE FITNESS BATTLE..



Are you READY for that AMAZING transformation? You know... the one where heads turn and jaws DROP!? The simple truth is, you just can't get fit without eating healthy. You can bust your BUTT with Shaun T or "Bring it" with Tony Horton 7 days a week, but if you make a run through your local drive-through afterwards, you're just not going to see the results! It's a pretty common mindset... "I worked out... now I can eat whatever I want!" Unless you want to undo all of your hard work, this isn't the case! Ever heard the saying "abs are made in the kitchen"? Well it's true! Results are 80% nutrition. If you aren't eating to meet your goals, you're wasting the hard work you put forth in your workouts!

Food is the GOLDEN ticket to getting that fit healthy body you have always wanted. If you eat garbage, your body will show it. If you want to get serious about dropping a few pounds and shedding some unwanted body fat, pay attention to how much you eat, what you eat and when you eat it. Obviously exercise is important, but nutrition holds the key to your success.

Changing your diet is one of the biggest challenges when faced with improving one's health. A majority of people are used to eating highly processed foods on a regular basis and breaking away from that can be difficult. The good news is, it isn't impossible and once you make it a habit to eat clean, it becomes a part of your life.

This guide is going to help you get STARTED!



PROTEIN *at every meal*

FRUITS + VEGGIES *for breakfast*

FRUITS AND/OR VEGGIES *for lunch*

VEGGIES *for dinner*



DON'T *ignore your cravings!*

The Meal Plan

Female

Breakfast:

- 5 egg whites or 2 whole eggs
- Unlimited Vegetables (see list)
- 1 serving Starch (see list)

Mid-Morning:

- Solle Complete or Small Meal Option (see list)
- Unlimited Vegetables (see list)

Lunch:

- 6 oz. lean meat (Chicken breast, white meat turkey, white fish like tilapia and orange roughly, boiled shrimp, egg whites)
- 1 serving Starch (see list)
- Unlimited salads and Vegetables (see list)

Mid Afternoon Snack:

- Solle Complete or Small Meal Option (see list)
- Unlimited Vegetables (see list)

Dinner:

- 6 oz. lean meat (see above)
- 1 serving Starch (see list)
- Unlimited salads and Vegetables (see list)

Evening:

- 5 -6 egg whites or 2-3 whole eggs*
- Unlimited Vegetables (see list)

Male

Breakfast:

- 8 egg whites or 4 whole eggs
- 1 serving Vegetables (see list)
- 1 serving Starch (see list)

Mid-Morning:

- 4 Turkey/Chicken Muffins or Small Meal Option (see list)
- Unlimited Vegetables (see list)

Lunch:

- 8 oz. lean meat, 10 oz. fish (Chicken breast, white meat turkey, white fish like tilapia and orange roughly, boiled shrimp, egg whites)
- 1 serving Starch (see list)
- Unlimited salads and Vegetables (see list)

Mid Afternoon Snack:

- Solle Complete or Small Meal Option (see list)
- Unlimited Vegetables (see list)

Dinner:

- 8 oz. lean meat (see above)
- 1 serving Starch (see list)
- Unlimited salads and Vegetables (see list)

Evening:

- 6 -8 egg whites or 2-3 whole eggs*
- Unlimited Vegetables (see list)

- Have breakfast within the first hour of waking
- *No carbs (starch) after 7pm (or 3 hours before bedtime)

Limit fruit to twice daily: berries first thing in the morning and then half of a citrus serving or banana after a workout with your protein shake. Carry a small apple in your gym bag at all times in case an energy slump hits.

Suggested Food List

Lean Proteins Ladies: 6 - 8 oz. portion, Guys: 8 - 10 oz. portion



Soul
Ahi tuna *
Chicken breast
Bison



Flounder
Swordfish *
Ground turkey
Tofu



Cod
Tilapia
London broil
Tempeh



Halibut
Grouper
Top round
Shellfish



Mahi Mahi
Corvina
Turkey
Scallops



Red snapper
Cobia
Pork chops



Orange roughy *
Eggs
Game meat

Fatty Proteins Males typically get a full serving and females, a half serving



Avocado
All natural PB
Bluefin tuna



Coconut
Salmon



Walnut
Sea bass



Cashews
Mackerel *



Almonds
Bluefish



Nut meal/flour
Trout



Seeds
Mussels

*Limit High in Mercury

Fruits



Honeydew
Blackberry
Strawberry
Persimmon



Cantaloupe
Blueberry
Tangerine



Watermelon
Cherry
Tomato



Apple
Mango
Grapefruit



Papaya
Guava
Banana



Pear
Orange
Date



Raspberry
Passion fruit
Fig

It's best to choose berries in the morning and a citrus or banana directly following your workout, to eat in conjunction with your protein.

Vegetables Best options are fresh and frozen. Canned, check for additives and high sodium.



Broccoli
Arugula
Watercress
Celery
Jerusalem artichokes
Beets
Tomatoes
Tomatillos



Cauliflower
Beet greens
Garlic chives
Rhubarb
Taro
Radishes
Cucumbers
Okra



Artichoke
Chard
Cabbage
Lemon grass
Soybean
Rutabagas
Squash
Avocado



Beans
Turnip greens
Leek
Asparagus
Mung beans
Turnips
Zucchini
Green beans



Kale
Endive
Brussels sprouts
Bamboo shoots
Alfalfa
Onions
Pumpkins
 Lentils



Collard greens
Lettuce
Capers
Ginger
Carrots
Shallots
Peppers
Snow peas



Spinach
Mustard greens
Kohlrabi
Potatoes
Parsnips
Garlic
Eggplant
Soybean

Prepare vegetables by either steaming or grilling (may also eat raw). Stay away from anything sautéed or fried. This list ALSO includes "fruit used as Vegetables"

Oils : USE SPARINGLY



[Sunflower oil](#)



[Coconut oil](#)



[Walnut oil](#)



[Avocado oil](#)



[Grape seed oil](#)



[Olive Oil](#)



[Pumpkin seed oil](#)

Flours



[Spelt flour](#)



[Wheat flour](#)



[Oat flour](#)



[Chickpea flour](#)



[Rice flour](#)



[Quinoa flour](#)

Dairy UNS= Unsweetened



[UNS almond Milk](#)



[UNS rice milk](#)



[Greek Yogurt](#)



[Cottage Cheese](#)

Superfoods



[Spirulina](#)



[Chia](#)



[Flax](#)

Condiments Low Sodium/Low Sugar ONLY



[Apple Cider Vinegar](#)
[Teriyaki sauce](#)
[Tomato sauce](#)



[Balsamic Vinaigrette](#)
[Salsa](#)
[Mustard](#)



[Red Wine Vinegar](#)
[Hot sauce](#)
[Broth](#)



[White Vinegar](#)
[Steak sauce](#)
[Worcestershire Sauce](#)



[Rice Vinegar](#)
[Chili Paste](#)
[FF cooking spray](#)



[Ketchup](#)
[Herb Pastes](#)



[Soy Sauce](#)
[Tomato paste](#)

Sweeteners



[Maple syrup](#)
[No Sugar Added](#)



[coconut sugar](#)



[applesauce](#)
[No Sugar Added](#)



[birch sugar Ideal](#)



[Stevia in the Raw](#) or Truvia

Miscellaneous



Salt



Nutritional Yeast



Dry Herbs



Spices



Coffee



Tea



Vanilla and Almond Extract

Carbs and Starches

By the serving



Barley

Ladies - 3/4 cup
Guys - 1 1/2 cup



Corn tortilla

Ladies - 2-3
Guys - 4-5



Cream of Wheat

Ladies - 1 serving
Guys - 2 servings



Ezekial bread

Ladies - 1 slice
Guys - 2 slices



Lentils

Ladies - 3/4 cup
Guys - 1 1/2 cups



Oats

Ladies - 1/2 Cup
Guys - 1 Cup



Whole wheat pasta

Ladies - 1 cup
Guys - 2 cups



Potato

Ladies - 5 oz
Guys - 7-8 oz



Brown rice

Ladies - 3/4 cup
Guys - 1 1/2 cup



Rice cakes

Ladies - 3
Guys - 4



Sweet Potato

Ladies - 4-6 oz
Guys - 7-8 oz



Pinto

Ladies - 3/4 cup
Guys - 1 1/2 cup



Chickpea

Ladies - 3/4 cup
Guys - 1 1/2 cup



Kidney

Ladies - 3/4 cup
Guys - 1 1/2 cup



Adzuki

Ladies - 3/4 cup
Guys - 1 1/2 cup



Mung

Ladies - 3/4 cup
Guys - 1 1/2 cup



White Beans

Ladies - 3/4 cup
Guys - 1 1/2 cup



Navy

Ladies - 3/4 cup
Guys - 1 1/2 cup



Black Beans

Ladies - 3/4 cup
Guys - 1 1/2 cup



Farro

Ladies - 1/2 cup cooked
Guys - 3/4 cup cooked



Quinoa

Ladies - 1/4 c cooked
Guys - 1/2 c cooked



Couscous

Ladies - 1/4 c cooked
Guys - 1/2 c cooked

Note: Always check the package for serving size!

Female Small Meal Options Examples

Meal Option 1



- Homemade [Pumpkin protein bars](#) 4 small squares or a different recipe

Meal Option 2



- ½ serving Ezekial pita or Ezekial bread



- 4 oz. lean meat (no deli meats - real turkey or chicken)

Meal Option 3



- low-carb/sugar vanilla or Greek Yogurt with cinnamon & natural sweetener + blueberries or raspberries Or Veggies

Meal Option 4



- 1 cup low fat cottage cheese



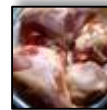
- 1 tbsp. real fruit jam
- OR Cinnamon & natural sweetener OR veggies

Meal Option 5



- Solle Complete

Meal Option 6

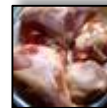


- 3 oz. lean meat



- 3 rice cakes

Meal Option 7



- 4 oz. lean meat



- 4 oz. sweet potato
- OR 2/3 cup brown rice

Meal Option 8



- 4 oz. lean meat
- OR



- 1/2 cup fat free cottage cheese & 2 small Pumpkin protein bar squares

Male Small Meal Options Examples

Meal Option 1



- Homemade [Pumpkin protein bars](#) 4 small squares & Fruit or a different recipe

Meal Option 2



- 1 serving Ezekial pita or Ezekial bread



- 8 oz. lean meat (no deli meats - real turkey or chicken)

Meal Option 3



- low-carb/sugar free vanilla or Greek Yogurt w/natural sweetener + berries Or Veggies
- 1 plain rice cake w/ 1 tbsp. peanut butter

Meal Option 4



- 1 cup low fat cottage cheese



- 1 tbsp. sugar free jelly
- 2 Plain rice cakes w/ 1 tbsp. peanut butter

Meal Option 5



- Shakeology OR Protein shake w/ Skim milk or almond milk

Meal Option 6



- 8 oz. lean meat



- 3 rice cakes

Meal Option 7



- 8 oz. lean meat



- 6 oz. sweet potato
- OR 1 cup brown rice

Meal Option 8



- 6 oz. lean meat
- OR



- 1 cup fat free cottage cheese & 4 small Pumpkin protein bar squares

Let's break it down:

Think of these food lists as general guidelines to what you should include in your food plan -this is not a diet. The lists include examples of what can be included, but are certainly not complete lists. If you have a clean, (or healthy) alternative that's not here, give it a try. You don't have to include everything in your food plan either. Pick and choose what fits best for you according to taste, cost and availability. Preferences change from person to person, so choose what tastes best for you. If you like what you eat, you'll enjoy the plan and stick to it.



Veggies: Purchase fresh (local) veggies whenever possible. When unable to purchase fresh produce, frozen is your next best bet, and then canned. Try to look for low sodium or “no salt added” varieties. You can healthily cook veggies a ton of ways, actually any way except frying! Steaming, blanching and stir-fry are great and really retain a ton of nutrients and color! OR just eat them raw! Most veggies are considered zero calorie foods, meaning your body actually burns more calories eating, digesting and eliminating them than the vegetables contain in the first place, so they really are the perfect food!

Proteins: When possible, look for meats labeled organic, free-range, or steroid, hormone and antibiotic-free. You want just the meat, not a ton of additives and chemicals along with it! The best way to cook your meat would be to grill it. Grilling allows the fats to drip off, however, most methods are fine, except for frying! Choose meats as lean as possible and trim the fat from them prior to cooking. Stick more with the chicken and turkey as red meats and pork tend to be higher in fats. The usual recommendation is red meat only about twice a week. Other great sources of lean protein are fish, shrimp (yum), and let's not forget about plant based proteins for my vegetarian and vegan friends! Protein powders aren't usually considered “clean” due to the filler and added sweeteners, BUT there are a few clean versions on the market so just look around and see what's out there. Last but not least...EGGS!!! I eat tons of eggs.

Fruits: “Clean eating” is such a relative term. What I consider acceptable in my clean eating lifestyle, another may not and vice versa. I have a few things that are considered “unclean” that I continue to

consume in my diet (although I'm trying to phase them out). Fruits in their natural form are considered clean. Many clean eaters eat them in abundance. Although the sugar they contain is completely natural, I do try and limit my sugar throughout the day. Be sure to avoid canned fruit that is packed in syrup or frozen fruits that have sugars added.

Dairy: The big issue with dairy products, in my opinion are yogurts and milk. While both contain many essential nutrients, both are also high in sugar, especially some yogurts. They get such a good rep as a "health" food, but that's not necessarily the case. Many single serving yogurts contain 20+ grams of sugar! When choosing yogurt, pay close attention to the sugar content. Many items marketed as low fat often have higher sugar. Milk!?!? I find this to be very controversial. My advice on cow's milk would be to do your research and form your own opinions. Many claim that the hormone's given to cow's to increase milk production are harmful to humans, yet I've also read many articles refuting that. And the same goes for the arguments regarding antibiotics and also whole vs. skim. I tend to stick with unsweetened almond milk. Lots of good nutrients and more calcium than cow's milk. I also use warm coconut milk in my nightly cup of Renue.

Carbs: Carbs are easy! Stick with complex carbs and whole grains like sweet potatoes, beans, brown rice, wild rice, quinoa, sprouted grain bread, etc. White flour is not considered clean but there are a TON of alternatives: oat, coconut, almond, etc. And of course veggies and fruits also contain clean carbs!

Fats: Ahhh, the dreaded fats! Not all fats are created equal. Remember, trans fats are BAD because they contribute to high cholesterol and heart disease but polyunsaturated and monounsaturated fats are good for you and can actually do the opposite! Think french fries vs.

avocado. So cut the bad fats out and bring the good ones in.....in moderation of course. I'm not advising you to go eat 10 avocados a day!

Sugar: Most sugar substitutes are nothing more than chemicals and are terrible for your body. The most widely accepted "clean" sweetener is stevia, which is naturally occurring and is made from the stevia plant, the most popular brand name being Truvia. There are some other forms that are considered clean by some people as well, but this is the most common. Try and find a brand that is pure stevia since some brands still have added chemicals. Still, too much of anything can be bad, so try and use it in moderation!

Condiments: Last but definitely not least...one of the biggest trouble spots...condiments! Neither table sugar nor artificial sweeteners are considered clean. So that, right off the bat, rules out the majority of condiments. If you're going to eat clean, product labels will become your bff's, and take my word for it, you will be shocked by how many things contain sugar...and a lot of it! Oils and vinegar are permitted, usually organic or low-sugar ketchup is okay. Most brown or spicy mustards are okay (watch the honey mustard varieties). Hot sauces are usually okay. I usually avoid the salad dressing aisle all together! Just use your judgment and read your labels!!

Plan your MEALS

If you fail to plan you plan to fail! Sit down and list all your meals for the week. What are your breakfasts, lunches, Dinners, and Snacks?! Start filling in your days on the weekly meal planner, and when you are starting out don't complicate it. You don't have to be a five star chef... Some of the most successful fitness people eat the same things day in and day out rarely deviating... It's a great way to start forming that health habit! Start simple and once you get the hang of it test out a new recipe on the weekend. Pick out a few health staples and build your recipe list from there.

Once you have your planner filled out you can start making your shopping list! The meal plan above will give you a good idea of where to start or feel free to create your own plan! Remember this is all about finding what works for you!

Shop the Perimeter of the Grocery Store

Every store is different, but as a general rule, the outside edge is the natural habitat of the fresh vegetable, meat market, whole-grain baked goods, and the nuts and dried fruits in the bulk bin. Get comfortable here; it is now your territory.

You'll probably have to venture into the interior for some staples like olive oil, but keep your blinders on. You're entering a museum of extravagant packaging and manipulative slogans. Few of the items you see in the store's interior promote good health; it's a stretch to call most of it "food."

The perimeter is also usually the home of the dairy case and the beer and wine display, so stay strong.



Don't Eat Foods with Ingredients You Can't Pronounce

Once you've been eating clean for a little while, you'll inevitably begin to see the food industry as the giant machine that it is. It's so much bigger than you, and it has its hands in so many different pockets, that it's impossible for it to have your best interests at heart.

Need evidence? Look at the label of a box of cookies, a children's lunch pack, or even a bottle of "natural" juice. You'd need a chemistry degree to read it, and even then, you couldn't say what those substances are doing to you in the long run.

A good general rule: If you can't state the name of a particular ingredient in the food you're about to dine on, then consider passing. In bread products make sure you avoid any flours that are "enriched" or bleached these grains have been stripped and are filled with additive replace nutrients lost in the manufacturing process.

Eat CLEAN on a BUDGET

One of the greatest misconceptions people have about making healthy food choices is that it somehow "costs too much" to eat right. Nothing could be further from the truth! In fact, people often forget to factor in the sick days, prescriptions, doctor visits, and the price of a reduced quality of life that comes from eating an unhealthy diet. Eating for optimal nutrition health can actually a sound economic decision and valuable investment in your quality of life. I also have a whole series of blog posts on this if you are interested just ask me for the link.

Buy Carbs In Bulk. Buy oatmeal, brown rice, potatoes, and beans in bulk. Always buy the larger economy sized containers when they are on sale.

Never pay FULL price for MEAT. Meat can be frozen for several months so you should only buy it when it is on sale. Watch newspaper circulars for "teaser" sales of meats designed to bring customers in the store. Tuna, chicken breast, and lean beef cuts are ALWAYS on sale at least twice a month. Look for "reduced for quick sale" or other daily specials and stock up when the price is right.

Get your PROCUCE. Always purchase produce in season. When you start buying off-season produce, the price is MUCH higher and generally you will get the best prices from a farmers/produce market. Frozen fruits and veggies are a great price effective alternative if you can't get your hands on fresh!

Shop Using A Grocery List. Don't impulse buy. Every item you buy that you don't need adds to your perceived cost of eating healthier! Sticking to a list will help ensure you do not misappropriate the grocery funds.

Buy Generic. Let go of your brand & store loyalties. Shop by best value, not brand name.

Beans, BEANS the magical FRUIT. Beans come in many flavors and sizes. They add volume to and stretch soups, stews, side dishes, and salads. Dried beans are the most cost-effective buy. A 1-pound bag, soaked overnight and cooked, yields about 5–6 cups cooked, whereas a 1-pound can of precooked beans yields about 1 ¾ cups. Precooked beans are still a great, inexpensive protein source.

Don't Throw Anything Away. Freezing leftovers like extra rice, sauces, or chicken in 1/2 c "snack" baggies will money and time. Save for fast meals or lunches instead of eating out.

Make Your Own Salads. Bagged lettuce and pre-cut vegetables cost 3-4 times the price of uncut versions. You can tear two heads of dark leafy lettuce or cut up a few pounds of broccoli in less than one minute for the same grab & go convenience.



“PREP” your CLEAN week

Eating clean definitely takes planning and preparation. It has to be REALLY easy to make healthy choices, or else (if you're anything like me) you won't. You have to take the time to make healthy food ready to grab and go, so eating clean is easy and having a healthy diet is a no-brainer.

So, how do you make it easy to eat clean? Designate a PREP day, Cook everything on Sunday... or whatever day works best for you. I choose Sundays because those are typically low-key days when I have time to get ready for the week ahead. I get everything washed, cut, and ready to go, so I can literally throw it together in a few minutes. Taking just an hour to get food prepared all at once saves you lots of time (and calories) during the week. Here's what I do to prep for my meals for the week.

Wash, cut, and pack fruit. I usually cut up strawberries and pineapple, and I wash blueberries, raspberries, and grapes. I throw everything in a big bowl, so it's ready for a quick fruit salad snack throughout the week. I also dish it out into 5 single serving containers for each day as either a snack or part of my breakfast.

Wash and cut veggies. Have vegetables like broccoli and cauliflower ready to throw into the skillet for a quick stir-fry or ready to dip in hummus, greek yogurt or a healthy dip. I also keep a bag of frozen veggies on hand to quickly heat up and toss into meals. In addition, you'll want to prep veggies to go in a quick salad, such as tomatoes, cucumbers, red peppers, and carrots. I take the easy way out, and I buy cherry tomatoes and shredded carrots, so all I have to cut up is the cucumber (and red pepper if I feel like it)! Nice! I throw all my veggies in covered bowls this way, I can quickly throw together a salad for the next day

Lean proteins. Cook lean meat like chicken or tilapia for meals throughout the week. Cut it up, and store it in single serving containers to grab for lunch to throw on your salad or heat up with 90 second brown rice bowls. Hardboiled eggs are great to have on hand, too. I typically boil about 6-8 eggs on Sundays to have for lunches on a salad or mixed with feta cheese and greek yogurt for egg salad.

Complex carbs. I always have bags of 90-second brown rice and sweet potatoes ready for a stir fry or baked potato in the evenings. I also cook a giant pot of quinoa on Sundays that can be mixed with vegetables and lean meat, too



Drink your WATER

Water makes up about 60 percent of the human body, and it is involved in every system in the body. It regulates body temperature, cushions and protects vital organs, transports nutrients, and eliminates waste. So how much water should you drink? The rule of thumb is you should strive to drink half your body weight in ounces.

Make water your first choice. Americans consume 21 percent of their daily calories from beverages. Few people are aware of all the “liquid calories” they drink. Sugar-sweetened sodas with high-fructose corn syrup or other refined sugars are not included on a clean diet. Water is your best bet. If you do want something else, choose natural fruit juices. To cut the sugars dilute these drinks by 50 percent with water, sparkling water, or seltzer.

Know when to drink more. If you are physically active, sweat a lot, live in a hot climate, or are sick, you need more water. To prevent dehydration when you exercise, drink before, during, and after workouts. An extra 1½ to 2½ cups is all you need for short exercise bouts of an hour or so.



Clean Eating Out

Are you ready for a NIGHT out, dinner with the girls, or DATE night?? Don't go starving. You are less likely to choose the greasiest, most unhealthy thing on the menu if you don't go to the restaurant ravenous. Have a small snack consisting of protein about an hour or so before you leave.

Avoid the bread basket or chips and salsa. It's easy to mindlessly fill up on the empty carbs before your meal even arrives. The chips and bread can add hundreds of calories to what could have been a low-calorie night out.

Skip the appetizer. As with the bread basket, it can add hundreds more calories and probably a lot more UNhealthy fats and simple carbs to what could be a healthy night out. If you do pick an appetizer, choose something that isn't fried or packed with things like full fat cheeses.

BEWARE of salads. If you order a salad before your meal or with it, be aware that while most side salads ARE low in calories (if they aren't littered with nuts, dried fruit, cheese or croutons)... most dressings are LOADED with sugar and fat. Avoid creamy dressings like ranch, blue cheese and thousand island. Choose vinaigrettes instead. While vinaigrettes can still be high in calories, fat and sugar, they are the “safer” choice. A lot of people assume if they order a salad, they are choosing

something healthy and relatively low in calories. Think again! Most salads can pack more calories, sugar and fats than a burger and fries combined! Things like dried fruit, nuts, full-fat cheeses, croutons and other toppings will make what was originally a low calorie, low fat, low sugar bowl of lettuce/spinach and turn it into a mound of calorie overload. This doesn't mean you shouldn't order a salad, it just means you should be aware that you are not necessarily choosing something that will work with your daily macros/calorie intake.

Avoid ordering foods that have any of these words before them: breaded, battered, crispy, crunchy, crusted, buttered, cheesy, country-style, creamy, glazed, gooey, honey-dipped, melted, smothered or fried. These are all extremely good indicators of un-healthy, fat, carb and sugar-loaded junk!

Look instead for options that contain the following: baked, broiled, roasted, fresh, multi-grain, broth, seared, poached, grilled, sautéed, spiced, and steamed.

Also, don't be afraid to ask for things on the side. Dressings, marinades, high-calorie toppings and adders, syrups and other extras can be more easily controlled if you can put them on yourself! Don't add salt! I can almost GUARANTEE whatever you wind up ordering will likely come loaded with salt.

Portion CONTROL. Restaurants are notorious for WAY overdoing the portion sizes. Save half or more of your meal for later! That way you can get two or more meals out of it or, consider ordering something to split with a friend, family member or significant other! That way you don't have to worry about carry the leftovers home and you can both enjoy a lighter dinner!

SKIP dessert. You'll be glad you did. Some single slices of cheesecake and other goodies can pack more than 1,000 calories!!!

When fast-food is your only option, I recommend these relatively unprocessed choices:

- **Wendy's:** Order a dry baked potato with chives and broccoli, plus a side salad (no dressing). To spice up the latter, fork on some mandarin orange segments, which are sold as a dessert. Although nutritionists often recommend the chili as a more healthful alternative, it actually has about 40 different ingredients.
- **McDonald's:** About the only things that are clean here are the side salad (sans dressing), Apple Dippers (without the dip) and orange juice. Notice we didn't recommend the grilled chicken breast filet. That bad boy has about 26 different ingredients, and the liquid margarine in which it's prepared has about a dozen more. That's one instance when simple isn't so simple.
- **Chinese:** The mainstay here is brown rice and steamed veggies sprinkled with some light soy sauce.
- **Sushi:** Order the sashimi or nigiri. In general, the fancier the roll's name (Las Vegas, Wonderful, Godzilla) or the higher its price the more sauces and stuff it'll have in it.
- **Mexican:** Instead of beef, which is usually lower quality and heavily seasoned, order chicken, fish or bean tacos. The shell should always be soft, not fried, and ideally homemade from corn or flour.