

Clean Eating Diet

Clean eating is a diet that consists of primarily whole foods, nothing that is processed or refined. The following is a breakdown of foods that are allowed on the clean eating diet.

1. Little to no carbohydrates
 - a. Slow carbohydrates are preferable such as sweet potatoes and brown rice
2. Little to no dairy products
 - a. Dairy products that are consumed should be low fat or fat free i.e. skim milk, greek yogurt
3. No alcohol
4. Lean cuts of meat only
5. Consume several servings of vegetables daily
6. Try to limit fruit consumption to one piece/serving of fruit per day

For more information on the clean eating diet, meal plans and recipes, feel free to visit some of the following links:

<https://www.webmd.com/diet/features/eat-clean-diet-review#1>

<https://www.tasteofhome.com/collection/clean-eating-meal-plan/>

<https://www.dummies.com/food-drink/special-diets/eating-clean-for-dummies-cheat-sheet/>

<https://www.muscleandstrength.com/diet-plans/clean-eating-diet>

<https://soreyfitness.com/nutrition/eat-clean-diet-2/>

<https://drpompa.com/diet/clean-eating-meal-plan/>