

Change Your Diet, Change Your Life

# 30 DAY CLEAN EATING CHALLENGE



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## Introduction: Why Eat Clean? What Does It Mean?

Welcome to the Clean Eating Challenge. For the next 30 days you'll start on the path to a new way of eating and a new lifestyle. Clean eating isn't about deprivation. It's also not about spending tons of money at a fancy supermarket. It's not a diet – though you will probably lose weight.

Clean eating is about loving food, loving your body, and learning to fuel yourself in a way that you never imagined was possible. You don't have to spend days in the kitchen preparing meals. Clean eating isn't about complicated and time-consuming recipes.

What it is about is eating whole foods; foods that are free from artificial colorings, preservatives, and artificial flavorings. It's about avoiding foods that have been manufactured to last weeks, or months, on the shelf by stripping away their natural oils and nutrients and "enriching" them with man-made ingredients.

Over the next 30 days you're going to begin to shift from your current way of eating to a clean eating lifestyle. It's a fun challenge that will positively impact your life in ways that you cannot imagine. It won't be completely easy, and there will be challenges. With the tips and tricks provided you'll make it through those challenges.

Be sure to subscribe to my Diana's Healthy Lifestyles newsletter here:  
[http://www.diana2.com/healthy\\_life\\_style.html](http://www.diana2.com/healthy_life_style.html)



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## What to Expect

As mentioned, there will be challenges. There will be many successes and benefits, too. Let's start with the challenges that you may face.

**Fatigue** - Depending on your current diet, you may be addicted to sugar and refined carbohydrates. As you remove these from your diet you may experience fatigue. Your body may go through a type of withdrawal. You may even have headaches. The good news is that these symptoms only last for a few days, and they can be managed with healthy foods.

**Overwhelm** - It's possible that you may feel overwhelmed by the challenge. We've worked hard to make each and every day manageable and enjoyable. If you feel overwhelmed, simply take a step back. You can repeat days and customize this challenge to fit your individual needs and goals.

**Cravings** - After a week or two of clean eating your cravings will go away. They're often part of the withdrawal process. There are tricks that you can embrace to make the cravings go away. For example, did you know that healthy fats beat sugar cravings? Eat half an avocado or put coconut milk cream in your coffee. You won't want sugar anymore and you'll be satisfied.



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**Weight loss** - It's not uncommon to begin shedding pounds almost immediately. Think about it, if you drink a soda or a sweetened coffee drink every day, you're consuming 10 to 20 teaspoons of sugar, which is between 200 and 400 calories. And that's just in one drink.

Add up the other sugar that you consume in the form of packaged foods and other refined carbs, and you're easily consuming around a pound of sugary calories every day. Eliminate those and replace them with nutrients and you'll see the weight come off. I've known people to lose 5 pounds the first week they stopped drinking soda.

**More energy** - This is one of the benefits that surprises people. They're amazed at how energetic and healthy they feel. Once your body makes the shift and you get off the roller coaster of sugar and starchy carbs, your blood sugar levels will level out and you'll begin feeling amazing.

**Improved mental clarity** - Along with those shifts in energy, you'll also experience more mental clarity. You'll feel like you're better able to focus, and don't be surprised if your memory improves.

**Improved mood** - Let's face it, it's much easier to stay positive when you feel great. Additionally, clean eating helps to balance your hormones. It can make a tremendous difference to your mindset.

**Better digestion** - Your gut will respond almost immediately to the changes in your eating habits and lifestyle. Sugary and starchy foods have the tendency to slow down digestion and to cause inflammation. This combination can lead to either constipation or diarrhea, depending on the degree of inflammation in the gut. When you eliminate those irritants from your system and replace them with high nutrient, high fiber foods, your system improves.

**Better sleep** - Do you struggle with insomnia and difficulty sleeping? You may find that the clean eating challenge is the solution you've been looking for.

**Improved health** - You'll also experience an improved immune system. Sugar and the chemicals in packaged foods cause inflammation. Inflammation is the precursor to all disease, and it weakens your immune system. It's a simple equation. Sugar causes inflammation.



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Your immune system becomes fatigued and cannot fight other viruses and bacteria that you come into contact with. Get rid of the sugar and the inflammation disappears. Your immune system can now focus on what's important – protecting you from foreign invaders.

This is just the tip of the iceberg. Many people find that after their clean eating challenge they either stick with it and make it part of their lifestyle or they repeat the challenge every couple of months to feel healthy and strong again. Next, let's take a quick look at what you'll need to get started.



## How to Get Started

There is really very little that you need to get started with a clean eating challenge. We'll take a look at the basics.

### Equipment

It's really nice to be able to cook or make anything that you are interested in making. For example, if you want to make a breakfast smoothie you'd need a blender. If you want to make stir fry then you'd need a skillet or a wok. Veggie lasagna requires a baking dish. So while you don't need to have any special equipment, it's nice to have some basics so that you aren't limited when you begin looking at recipes.



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## Time

Some of the daily challenges will require you to set aside a little bit of time. You'll need time to plan meals, to prep meals and to shop. Don't stress about this too much. Clean eating doesn't have to be a complicated or time-consuming process, and we'll share some tips and tricks to keep it simple.

You can spend less time prepping and making a meal than you would sitting in the drive-through waiting for lunch. You will also need to make time to shop for food. And again, we have some tips to make this as stress-free, and fun, as possible.



## Accountability

It's important to think about how you're going to stay motivated during this challenge. There will be temptations. There will be bad influences and opportunities to step away from the challenge. No one is making you do this challenge. You're doing it because you want to look better, feel better, improve your health and lose weight.



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You're doing it for you. Decide how you're going to hold yourself accountable. Some people find that public sharing and posting their successes, and mistakes, on social media helps. Others find that a journal can help them work through the ups and downs by writing about their experiences.

Others find that doing the challenge with a friend, or buying themselves a reward when they're successful, works. Track your food, get social, or find some other tool to help you stay accountable. It can, and does, make a difference in your experience and your success.

Now that you know what to expect and how to prepare, it's time to get right to it. Each day you'll be adding to your lifestyle and creating a new habit. Some days will be more challenging than others. By the end of the month you will have embraced a new way of eating and you will have made some significant changes to your eating habits.



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# The 30 Day Clean Eating Challenge

## #1 Mindset matters – it's a lifestyle, not a diet.

Today is the first day of your challenge. It's time to get revved up and excited about your new clean eating lifestyle. Today you're going to focus on one of the most difficult parts of the challenge, and that is your mindset. It's important to embrace a positive attitude and outlook.

If you have any negative thoughts about what you're doing and why you're doing it, those thoughts can eat away at your motivation and cause you to give up. Remember why you're embracing this challenge and get excited about it. You're making a great change and it's starting today. Think about how you're going to hold yourself accountable.

Think about what you need to succeed. Look at your calendar and decide when you are going to shop, plan, and prepare meals. Also spend some time today assessing your current eating habits. How much processed foods do you eat every day? What's in the foods that you eat? Get a good night's sleep because tomorrow brings about your first big change.

## #2 Ditch the drinks

Today is the day you stop drinking soda or pop. NO sugary drinks at all. You're drinking water, tea, and coffee. And if you drink anything else then you're making sure that there is no added sugar or sugar substitutes. This is often one of the most difficult steps. It's also one that has a huge impact on your health. Sunrider Fortune Delight can help you get off soda. See more information here: [http://www.diana2.com/sunrider\\_fortune\\_delight.html](http://www.diana2.com/sunrider_fortune_delight.html)

No diet sodas or drinks either. So what can you drink? If you really need the bubbles, try sparkling water. You can add fruit to your water so that it has a nice flavor.

There are two options when it comes to quitting the sugary soda. You can go cold turkey or you can gradually decrease the amount you drink each day. Cold turkey is more difficult, but the difficulty only lasts for a few days. The benefit is that you'll see significant changes to your health almost right away.



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### #3 Clean out your pantry

This can be a difficult day for some. It's the day when you go through your cupboards, your pantry, your freezer and your refrigerator and you get rid of the processed foods. That means the bagels, the cereal, the chips and anything else that's in a box or a bag. Clean eating is about eating whole foods. Whole foods are foods that are essentially complete as they are.

A chicken leg, for example, is a whole food. A frozen and fried chicken tender in a bag is not. A bag of fresh green beans are whole foods; a can of green beans is not. If you have food that has been unopened, consider donating it to your local community food share or homeless shelter. If it's been opened, it has to be tossed.

### #4 Plan ahead

Today is meal planning day. You'll want to set aside time each week to plan for the upcoming days. Some people prefer to plan an entire week in advance, while others prefer to plan only three or so days in advance. Produce can go bad and may not last a week. On the other hand, you may not feel like you have time to go shopping twice a week.

Create a plan that works best for you. When it comes to planning meals, you'll want to find a handful of good recipe resources. Blogs, cookbooks, and even clean eating meal services can help you with this process. Keep in mind that you'll want to plan for breakfast, snacks, lunch and dinner.

You may also want to plan a dessert into the mix every once in a while. Create a system that works for you. One thought is to embrace technology. Store or bookmark your recipes online and you can simply cut and paste the ingredients into your shopping list.



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## #5 Smaller, more frequent, meals make it easier

One of the best ways to combat cravings, and an easy way to make sure you get the fruits, vegetables, and nutrients that you need, is to eat smaller meals and to eat more frequently. For example, you might eat five small meals each day, breakfast, lunch, and dinner, with two small snacks.

***TIP:** Keep snacks with you. We tend to make poor food choices when we're hungry. If you keep a snack with you, then you won't have to make a decision about what to eat.*

## #6 Healthy snacks

Healthy whole food snacks can be a tricky thing for many. You can always have fruits, vegetables, nuts and seeds. You can also have fun with dips like hummus, guacamole, and even chips like kale chips and sweet potato chips. Eating clean can and should be delicious.

### Sweet Potato Chips

- 2 organic sweet potatoes
- 2 Tbsp. olive oil or coconut oil
- 1/4 tsp sea salt or kosher salt



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1. Preheat oven to 250 degrees F and position oven rack in the center of the oven.
2. Slice your potatoes as thinly as possible. A mandoline works well here. The thinner they are, the crispier the chips will be.
3. Lightly coat potatoes with olive oil. Spread out on baking sheet and sprinkle with salt.
4. Bake chips for one hour. Flip potatoes over and bake for another hour. Remove from oven when they're crispy. Enjoy!

## **#7 Shop when the store is slow**

You probably already know that Saturday afternoon is the worst time to go to the supermarket. You might be surprised, however, that early in the morning and later at night, the grocery is practically empty. Mondays tend to be slow, too. You can get in, and out, without sacrificing hours of your life to grocery shopping. And if you shop with a list made from your weekly meal plan then shopping can be quick and easy.

## **#8 Try a new fruit**

Fruits and veggies are a fun and easy way to get nutrients and eat clean. Try a new fruit today. Consider trying one new fruit every month. You'd be amazed at how many different types of fruits there are.

## **#9 Eat leafy greens every day**

Green leafy vegetables like spinach, kale, and collards are amongst the most nutrient-rich foods you can eat. Make them part of your day. Get creative. Add spinach to your morning smoothie or egg scramble. Make kale chips for a snack. You don't always have to have your greens in salad form.

## **#10 Load up on fresh produce**

When you're at the supermarket, it's okay to load up on whole foods. Grab bags of fruits and vegetables. Head to the bulk section of your supermarket (if there is one) and grab some nuts and seeds. Fruits and vegetables are packed with fiber. They help you feel full. And they improve your digestion. If you shop the perimeter of your supermarket and skip the inner aisles (where the boxes and bags of food are displayed), then you're in good shape.



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***FUN TIP:*** If you get to a point where you have some veggies or fruits that are going to go bad in a day or so, make a smoothie. Throw your carrots and apples in a blender add some water, ice, and maybe a bit of ginger. There are hundreds of delicious recipes for smoothies. You will quickly learn what flavors work together for you and those that do not. It's a tasty snack and a good way to make sure you don't throw away any produce.



## **#11 Enjoy your food**

Eat your favorite whole foods today. Do you just love shrimp or Thai curry? Make your own. Do you adore lasagna? Make your own. Clean eating doesn't have to be boring. There are too many wonderful spices and flavors in this world to allow your food to be boring. Enjoy it!

## **#12 Identify your food triggers**

Everyone has a weakness. It might be pizza or chips or ice cream. Learn what your food triggers are. Spend some time today thinking about what foods you find it difficult to avoid and/or control yourself around. Then devise a few alternatives to help you through these difficult times. For example, if pizza is your weakness, maybe you can find a recipe for a homemade pizza. There are some tasty pizza recipes that use cauliflower as the crust base.



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### #13 Drink less alcohol (special occasions)

Alcoholic beverages are generally quite high in sugar and empty calories. Preferably - completely eliminate alcohol from your diet. If that is not possible - try to save it for special occasions. Or you might have a glass of wine or a cocktail once a week.

### #14 Eat breakfast

If you're not eating breakfast, today is a good day to add that habit into your routine and lifestyle. You don't have to make it complicated, and it doesn't have to take a long time to prepare each morning. In fact, you can make baked egg cups or whole grain waffles on the weekend. Warm them up and eat them on the go. Or if you enjoy smoothies then you can whip up a complete breakfast in a cup, which is also great to enjoy during your morning commute. Of course if you are a Sunrider, you will easily enjoy NuPlus or Vitashake. <http://diana1.com/nuplus/>

#### Raspberry Chia Breakfast Smoothie

Blend the following ingredients and enjoy:

- 1 cup frozen raspberries
- ¾ cup apple juice or water
- ½ cup plain yogurt
- ½ banana
- 1 tbsp. chia seeds
- ½ cup organic spinach

### #15 Note the changes in your body/energy

Today, you're halfway through the challenge. How are you feeling? Take some time to notice the changes in your body. Has your energy improved? Are you sleeping better? Have you lost weight? What about your mental clarity and focus? This is about the point where the cravings and mindset issues disappear and the rest of the month will feel much easier. Enjoy!

***TIP:** If you're finding that you're still struggling with sugar cravings, try sweetening with maple syrup or honey. Simple treats can make a big difference. For example, a vegan brown rice pudding dessert can feel decadent.*



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## #16 Try a new veggie

A few days ago you tried a new fruit. Today is the day when you hit the produce section and try a new vegetable. There are thousands of different vegetables to try. In fact, did you know there are more than 4,000 different types of tomato? Find a new vegetable to try today. If you don't know how to prepare it, you probably can't go wrong with roasting it in the oven with a little oil and salt.

## #17 Make meat the minority on your plate

When you look at your plate each meal, what takes up the most space on the plate? Is it meat? It shouldn't be. It should be your vegetables. Try to have two different vegetables with each meal. You might have sweet potatoes and broccoli for example. Sometimes a starchier veggie and a green vegetable can help you feel satisfied. Meat should be less than a third of your meal, around 4 ounces.



## #18 Have fun with spices

Spices can make even the simplest ingredients taste exotic and delicious. Try making a blend of Hungarian sweet paprika, cumin, cinnamon, ginger, ground red pepper, along with salt and pepper. Add it to a chicken breast for a Moroccan kick. Stock your spice cabinet or drawer and make your own rubs, blends, and seasonings.



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## #19 Get creative with your recipes

Try recipes from other countries. Thai curry in your wok is an easy recipe and probably different than what you're used to. New recipes and flavors keep clean eating from becoming dull.

## #20 Try a new grain

Have you ever had quinoa? What about amaranth or millet? There are many different types of whole grains to try. Find a recipe, head to your supermarket's bulk section and enjoy. Keep in mind that whole grains aren't just for dinner. You can enjoy steel cut oats and other grains for breakfast too.

### Vegan Brown Rice Pudding

- 1 can coconut milk
- 2 cups cooked brown rice
- 1 tablespoon of honey, agave, or maple syrup
- cinnamon

Bring coconut milk and honey to a boil, add rice and simmer on low for 10 minutes. Serve hot with a sprinkle of cinnamon on top.

## #21 Embrace seasonal produce

Seasonal produce tastes better. For example, have you ever had an apple in the fall, or spring peas? Seasonal produce often doesn't have to travel far to get to your supermarket. This means it is fresher. It's also often much less expensive than produce that has to travel from overseas. Buy local when you can, and enjoy seasonal produce for the best flavor.

## #22 Visit a farmers' market

Yesterday we talked about embracing seasonal produce. Today you can take that a step further and visit your local farmer's market. In many cities and states there are farmers' markets year around. However, if you live in a cold weather state where the markets shut down for the winter, you might be able to find indoor fairs and markets. They are good places to find local produce and to try new foods.



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## #23 Watch your sugar

If you haven't been paying attention to the sugar in your foods, today is the day to really start reading labels. For example, there is sugar in your ketchup, in your milk, and in many other products that you may not imagine. Try to keep your sugar intake to less than 25 grams (6 teaspoons) a day.

<http://thecravingscoach.com/blog/whats-your-craving/curb-sugar-cravings/>

<http://www.diana2.com/EnergyWorkshopNotes.html>

Sunrider Stevia is exceptional, no bitter aftertaste, and tastes delicious. Benefits are huge.

See: [http://www.diana2.com/stevia\\_health\\_benefits.html](http://www.diana2.com/stevia_health_benefits.html)

The real problem is that ingestion of too much sugar, or any simple carbohydrate, creates an insulin rush that overworks the insulin receptors. Over a period of time, the body's ability to handle all sugars, and even most grain carbohydrates, begins to weaken. This can ultimately lead to various disorders of the pancreas.

Stevia Rebaudiana may be helpful for the following:

- Regulating blood sugar
- Improving pancreas activity
- Better glucose balancing
- More even energy flow
- More consistent blood pressure
- Improving muscle density
- Better and faster muscle recovery after exercise
- Improving ability of the body to burn fat
- Improving thinking capacity
- Lessening tissue degeneration
- Balancing the ups and downs of energy levels
- Anti-fungal
- Anti-bacterial
- Anti-yeast
- Topical skin care
- Non fermenting
- Water soluble
- Non toxic

BEST OF ALL – VIRTUALLY NO CALORIES!



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## #24 It's about moderation not deprivation

The clean eating lifestyle isn't about never eating junk food ever again. However, when you do eat junk food, make it yourself. You can eat French fries for example, just make them yourself. You can eat ice cream too, just make it yourself. Want cake? Make it.

Want cookies? Make them. Not only will you eat less junk food when you have to make it yourself, you'll also have control over the ingredients.



## #25 Avoid white flour

White flour is flour that has been depleted of all of its natural oils and nutrients. The grain has been stripped and bleached. Then they "enrich" it with nutrients. But the oils and the healthy goodness of the original grain is gone. Anything made with white flour is essentially an empty calorie. Replace it with whole grain flour when you cook. You can make delicious baked goods with whole flours and even with almond meal.

**TIP:** Reward yourself for your accomplishments, but don't reward yourself with food. Reward yourself with something fun, something that you enjoy.



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## #26 Reduce caffeine intake

Are you addicted to caffeine? Many studies have shown that some caffeine each day can be good for you. However, too much can cause health problems. And let's face it; it's never good to be physically addicted to something. Try to cut back on your caffeine. See if you can get by with one or two cups a day. Even better – use Calli Tea as an alternative.

Sunrider Calli Tea is what got me off 8 cups of coffee a day!

[http://www.diana2.com/chinese\\_green\\_tea.html](http://www.diana2.com/chinese_green_tea.html)

<http://thecravingscoach.com/blog/whats-your-craving/harmful-effects-of-caffeine/>

[http://www.diana2.com/Sunrider\\_Calli\\_tea.html](http://www.diana2.com/Sunrider_Calli_tea.html)

## #27 Make your own sports/meal bars

Do you like to eat sports bars or snack bars? Kind Bars, Power Bars and Lara or Luna Bars are quite popular and they make tasty snacks. Did you know that you can make your own? Again, it's about having control over the ingredients in your food and making sure that you're eating clean, whole foods. Sunrider Sunbars are popular and delicious:

<http://diana1.com/sunbar-sunrider-fiber-energy-bar/>

### Chocolate Cashew Energy Bars

Place the following in a food processor. Pulse and then press into an 8x8 baking dish and chill. Cut into squares, wrap in wax paper.

- 2 Cups Medjool Dates, pitted
- 2 Cups Raw Cashew Nuts
- ½ Cup Raw Almonds
- ¾ Cup Cocoa Powder
- ½ Tsp Sea Salt
- ½ Cup Unsweetened Shredded Coconut
- 2 Tbsp. Vanilla Extract
- 2 to 3 Tbsp. Cold Water



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## #28 Drink more water

We've talked about cutting out soda, sugary coffee drinks and other sweetened drinks. So what can you drink? It's important to stay hydrated. And nothing is better for hydration than water. Drink mineral water or flavored sparkling waters if you want to add a little something to your water.

My best recommendation here is Sunrider Fortune Delight. This has been my favourite drink since 1996!! Almost calorie-free, totally natural, and delicious!

[http://www.diana2.com/sunrider\\_fortune\\_delight.html](http://www.diana2.com/sunrider_fortune_delight.html)

I mail samples of Sunrider Fortune Delight to all my new customers in USA and Canada, so if you are interested be sure and fill in this form here:

[http://www.diana2.com/free\\_sunrider\\_account.html](http://www.diana2.com/free_sunrider_account.html)

## #29 Eat more healthy fats

For decades we've been taught that fat is bad. This is a myth and it's a dangerous myth. Because instead of fat, we've been replacing it with sugar. And many people believe this has led to the current diabetes and obesity epidemic. The truth is that your body needs some fat. But there is a difference between fats. Strive to eat plant-based fats. For example, fats from avocados, coconuts, and nuts are all great for you. I personally use coconut oil almost every day.

## #30 Cut back on the salt

Sodium is something that your body needs. However, the standard American diet is overwhelmed with sodium. This causes heart problems, weight problems, and other health issues. Try to cut back on the amount of sodium that you consume. The RDA is 2400 milligrams a day. Himalayan sea salt will provide you with minerals which are beneficial. This is a great alternative. There are many herbal salts and salt alternatives made only with vegetables that are available in your health food store or online. More information:

<http://thecravingscoach.com/blog/whats-your-craving/salt-cravings/>



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## Conclusion: Moving Beyond 30 Days

***One must eat to live, not live to eat. Moliere***

Congratulations on completing your 30 day clean eating challenge. Food should be delicious, nutritious, and part of your life. It should support you to thrive, to be healthy, and to have the vitality you deserve to live your life to its fullest. As you move forward, remember that you now have the habits, skills, and knowledge to make clean eating part of your normal life.

The good news is that, now you have practiced several clean eating habits for 30 days already, you should find it *a lot* easier to take these principles and incorporate them into your regular eating habits.

Remember, clean eating is not a fad or crazy weight loss diet. It is simply a way of life. If you make a mistake one day, that's fine! As long as you generally eat within the principles of clean eating your body is going to thank you!

Good luck in your continued journey!

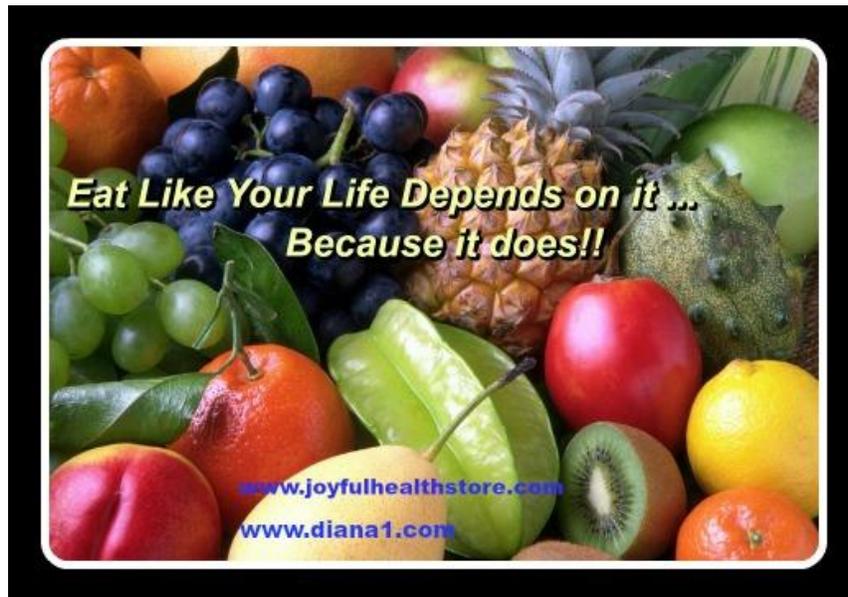


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