

Clean Food  
CRUSH

BONUS

# 7 STEPS TO SIMPLE FOOD PREP



WITH  
**RACHEL MASER**



# Clean Food

## CRUSH

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Rachel Maser, has become the leading go-to for clean, quick, inexpensive, and healthy eating for busy Moms with busy families. Rachel began her own journey in 2013 when some of her fitness friends started asking for her delicious and quick, but clean and healthy recipes.

Rachel started posting her recipes for her friends on social media, and they quickly went viral. Rachel now has hundreds of thousands of online followers and just as many friends, who all look to her for her innovative and nutritious FUN food ideas.

Rachel has turned her recipes and ideas into multiple cookbooks containing hundreds of quick, easy, and clean recipes. She has created several groups & programs where she personally coaches people to become a little more healthy.

Rachel has also authored 30 Days of Clean and Easy Recipes which has been widely recognized as the must have beginner clean food cookbook for busy families across the globe.

Rachel is extremely passionate about teaching the concept of real food tasting great and being simple to prepare. Her creations are always about real, whole food. She enjoys teaching cooking classes, meal prep courses, and in-home cooking parties. She envisions these classes spanning the globe over the next several years.

Her TRUE passion lies within pointing others down this path of simplicity ease for homemade food, and then watching their lives evolve and light up!

Rachel has seen how real nutrition changes lives, and how it changes families. She knows the need families have to gain access to fun, easy, inexpensive, real food ideas that are doable for the lifestyle of busy women.

Rachel's most valued role is a busy Mom to 4 kids under the age of 12.

CleanFoodCrush (CFC) is Rachel's 5th child, one she gives to the world as a gift of Health, Hope, & Love.

Rachel's Free eBook 7 Days of Fun Clean Recipes has been downloaded over 11,000 times by families in all 50 states and many countries around the world.

Download it here: <http://7days.cleanfoodcrush.com>



# Clean Food

CRUSH

Hi there!

What you're about to read may be a little bit shocking. Especially, after everything you just read above. I share for that EXACT reason. It's the complete truth.

This is not to embarrass my family, it's meant to show how far we've come. It does not make me a victim to share my story, it helps me rise above it. I have felt a VERY strong push to tell this story to others, because it gives us all the power to realize that CHANGE IS POSSIBLE, and what we tell ourselves TODAY is what really matters - NOT WHERE we were yesterday!

MY STORY. My REAL story. Not the shiny, pretty clean food, biceps, healthy kids, "perfect" life story...but, me. When I was 16, I moved out on my own. I grew-up in the very small town of Moab, Utah. It probably surprises you that I smoked cigarettes heavily from the age 16-20. I became involved with drugs. I liked to smoke weed occasionally, but I really preferred crystal meth. For 2 years I lived for it. I loved the high I could get, then I would crash HARD. Losing all energy, and staying in bed for a few days at a time. My health and ambition COMPLETELY sucked. I thought that I was a lost cause. I didn't know what to do most days. Something inside me said to change, so I did. Nothing big happened. I just realized that it was probably going to kill me.. I stopped using drugs completely. I just made myself stop.

When I became pregnant with my first baby at 20, I stopped smoking cigarettes. Just like that. I had always wanted to be a mother, so I told myself to just stop.

Throughout my 20's I gave birth to 4 (beautiful) children, didn't work-out very often, and became addicted to something else. SUGAR.



I loved to bake, and make treats. I felt like CRAP. I just thought, "Well, I'm getting older, this is what happens." I also thought I was being such a "good" mom by making them enormous amounts of cookies and cupcakes, just about every day. Something happened again...I faced the truth that was inside me all along...I realized that I absolutely knew better. Just like nicotine...the sugar was VERY addictive, but it was still a choice. I was making excuses. I was taking the easy way out every day. The thing is, that it was NOT really that easy! I was not happy with my energy or physical appearance. I was suffering because of my daily choices. So, I changed.

Just like that.

I began intensively researching health, and fitness. Making better lifestyle choices that felt right & good.

This is when my life completely opened up, and became a lot more FUN & meaningful. Those little choices we CAN make each day... they set us free.

Does not mean I'm "perfect" about the clean eating now, but my life HAS changed drastically. I understand that everything I put into my body will affect my mood, energy, health, and ultimately my quality of life.

It is a choice. A choice we all CAN make. It does not matter where we are from, what we have done in our past, or how far "gone" we think we are. None of that has ever mattered. Just a choice we can make TODAY. It's never too late.

The truth can set us free, and inspire others.

Wishing you a lifetime of health & happiness on your own journey,

Love,  
Rachel



# What is **clean eating**?



**Clean Eating is the habit of avoiding processed and refined food.**

- Eat only whole food
- Avoid processed food
- Eliminate refined sugar
- Eat five or six smaller meals per day
- Cook your own meals at home

**CLEAN EATING** is a huge trend right now.

It is the “IN” thing to do For VERY good reasons!

There is not a definitive “guide” as to what is actually “clean” and what is not.

It’s up to the individual to decide what it truly means to them.

It is now “cool” to find ways to incorporate more fruits & vegetables into our families diets!

People are seeking out fun ideas to rely as little as possible on packaged & processed foods.

## Where did it **come from?**

The truth is, it's always been around! Clean Eating means to eat REAL food.

You know... the stuff our bodies need!

## Why is it **important?**

Proper diet and nutrition affects every single aspect of our lives. Our health & happiness are a direct result of our diet & lifestyle.

## What are the **benefits?**

I receive messages daily, detailing how this CLEAN EATING has helped families improve their health & happiness in every way possible.

I'm grateful to be a part of this!



This movement is helping people think about what they are eating & encouraging to eat for nutritional value & fuel, rather than entertainment.

It's about making better personal choices each day...

When I first started food prepping it took me 3-4 hours because I honestly did not know where to even start!

Now it just takes me about an hour-2 at most.

Unless of course I am recipe experimenting, or just enjoying my kitchen time, then it can take me a little longer!

Yes, food prepping is just like working out or cleaning the house:

**I don't always want to do it, but I always feel SO MUCH better when I do!**

I hope this guide helps you and shortens your "learning curve".





Stocking good food in your kitchen is one thing.

Stocking good *prepared* food takes it to the next level. You need to do this with both snacks and meals.

If you're anything like me, when you're hungry, you're *hungry*.

There's nothing more empowering than being hungry and, there's already a HEALTHY meal waiting for us-

Make-ahead meals are a big part of the eating strategy behind our 21 Day Sugar Detox.

You can read more about that ([here](#)) if you're interested!

## Prepping ahead is your KEY to success!

There's a quote by Benjamin Franklin I'm sure you've heard:

"By failing to prepare, you are preparing to fail" and it's TRUE!

Most of us are not able to keep things running smoothly for an extended period of time if we aren't planning things out.

This doesn't mean we have to track calories or macros for life (although you of course can & my clients with the most success, do!), it just means thinking ahead.

Meal prepping can be daunting and seem complicated at first, but once you make it your OWN routine you will find yourself on the road to success!

# ● #1 EAT CLEAN FOOD LIST & SHOPPING TIPS



## GRAINS AND PROTEINS FOUND IN THE PANTRY

brown rice  
rolled oats (I love Bob's Red Mill gluten free)  
steel cut oats  
oat bran (I love Bob's Red Mill gluten free)  
oat flour  
almond meal/flour  
coconut flour  
barley  
quinoa (also a good protein source)  
Ezekial bread (made by Food for Life)  
millet  
tahini

black beans  
cannellini beans  
pinto beans  
lentils  
chickpeas  
raw almonds  
raw cashews  
sunflower seeds  
walnuts  
almond butter  
no-sugar added NATURAL Peanut Butter

## VEGGIES/HERBS

(Best options are fresh and frozen- NOT canned)

kale	garlic chives	bamboo shoots	radishes
spinach	Cabbage	ginger	rutabagas
lettuces	leek	parsley	turnips
collard greens	capers	tomatoes ( <i>I love heirloom</i>	shallots
arugula	onions	<i>in the Summer</i> )	brussels sprouts
beet greens	kohlrabi	broccoli	sweet potatoes
chard	garlic	cauliflower	fennel
turnip greens	celery	artichoke	green beans
endive	rhubarb	carrots	snow peas
mustard greens	cilantro	parsnips	soybeans
watercress	asparagus	beets	Don't forget YOUR favorites!

### Fruits used as vegetables:

tomatoes  
cucumbers  
squash  
zucchini  
pumpkins  
peppers  
eggplant  
tomatillos  
okra  
avocado





## Lean Protein & Eggs

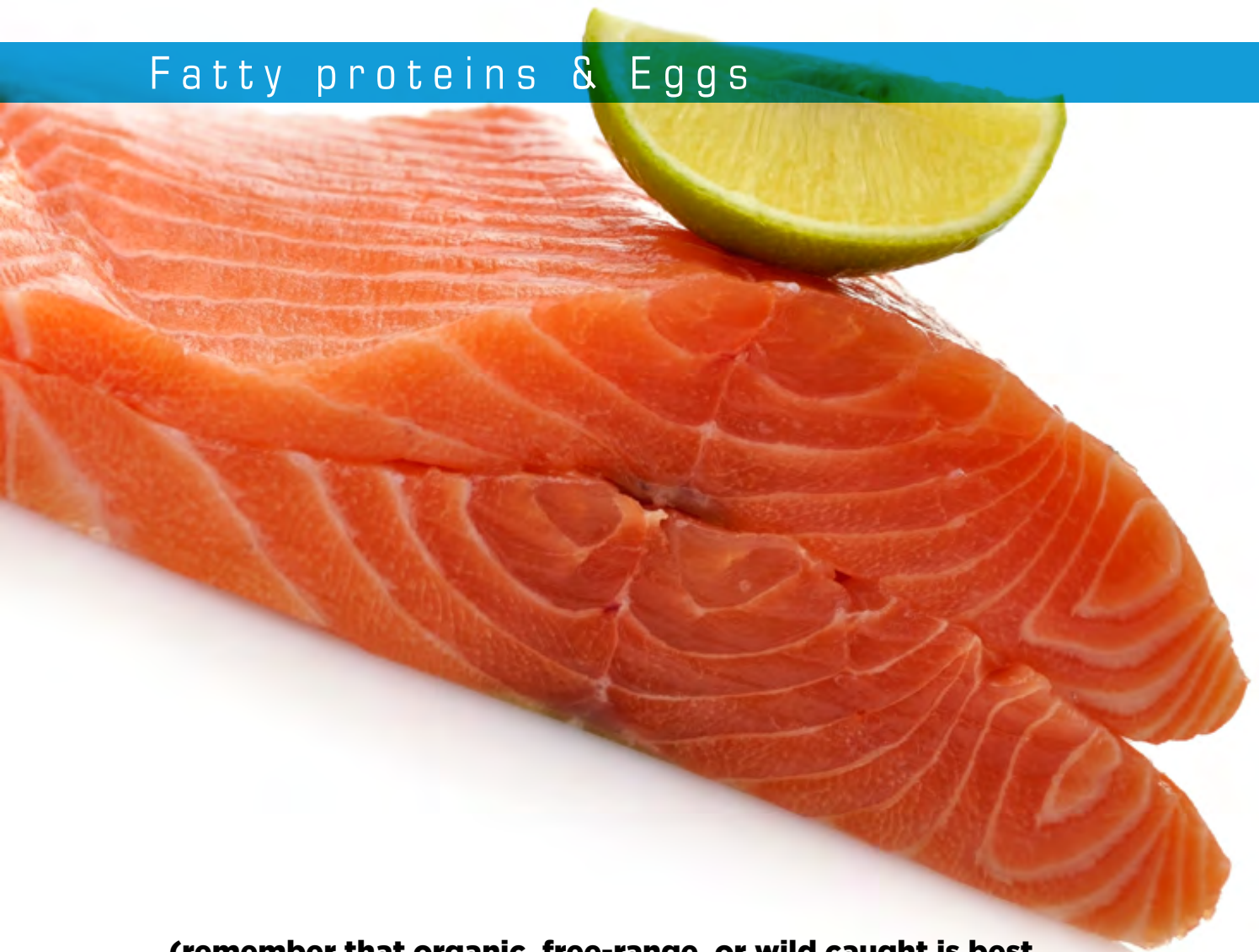


**(remember that organic, free-range, or wild caught is best, & try to avoid pre-packaged meats)**

soul  
flounder  
cod  
halibut  
mahi mahi  
red snapper  
orange ruff *Limit, high in mercury*  
ahi tuna *Limit, high in mercury*  
swordfish *Limit, high in mercury*  
tilapia  
tuna (canned)  
grouper  
corvina

cobia  
egg whites  
chicken breast  
extra lean ground turkey  
london broil  
top round  
turkey  
game meat  
bison  
tofu  
tempeh  
shellfish  
scallops

## Fatty proteins & Eggs



**(remember that organic, free-range, or wild caught is best,  
& try to avoid pre-packaged meats)**

salmon  
whole eggs  
sea bass  
mackerel *Limit, high in mercury*  
bluefish  
trout  
mussels  
bluefin tuna



## fruits

lemons  
limes  
oranges/citrus  
grapefruit  
cherries  
avocado  
plums  
apples  
pears



*Don't forget YOUR favorites!*

bananas  
pineapple  
all berries  
melon  
mango  
grapes





## SNACKS & CLEAN & "convenience" items



hummus

olives (without added chemicals-check labels!)

ezeikel bread, ezeikel tortillas

Dark chocolate (Lily's brand sweetened with stevia, my fav!)

quinoa & black bean tortilla chips (Trader Joe's)

pretzels (Mary's Gone Crackers Sticks & Twigs)

popcorn non-GMO (buy the kernels & air-pop at home)

Amy's frozen burritos

Frozen fruit for smoothies

Organic (no-sugar added) Marinara Sauce

Udi's gluten-free pizza crust

frozen grapes

frozen vegetables

Dale's raw-food bars

Amy's organic canned soups

## dairy

Greek Yogurt (low sugar)

Cottage Cheese (check ingredients- sometimes there are a ton of unneeded additives)





## BEVERAGES

coconut water

kombucha (with chia seeds!)

herbal teas

almond, cashew or hemp milk (unsweetened)

smoothie add in's: gogi berries, chia seeds, hemp seeds, cacao powder, maca powder, spirulina, flax

## CLEAN CONDIMENTS

extra-virgin olive oil

coconut oil

avocado oil

sesame oil

black pepper

grey celtic/pink himalayan salt/sea salt

hot sauce

turmeric

cayenne

cinnamon

red pepper flakes

unsweetened shredded coconut

raw honey

pure maple syrup

applesauce (unsweetened, organic)

Vanilla and Almond extract (sparingly)

Salsa or Fresh Pico de gallo **Tomatillo or Regular- No sugar added**

Chili Paste

Herb Pastes **ginger, garlic, cilantro, etc**

Tomato paste

Tomato sauce

Mustard **Yellow or dijon**

Broth **Low sodium beef, vegetable, and chicken (prefer organic)**

Worcestershire Sauce **no high fructose corn syrup**

coconut oil OR olive oil cooking spray

miso

ALL of your favorite dried herbs (I especially LOVE freeze-dried herbs for a fresher taste)

tamari or Braggs liquid aminos (instead of soy sauce)

stevia (drops or granulated)

sauerkraut

pickles(eaten in moderation)

Tempeh

Apple Cider Vinegar (My favorite)

balsamic or raspberry vinaigrette (sparingly)

Champagne Vinegar

Red Wine Vinegar

White Vinegar

Rice Vinegar

Organic Ketchup (low sugar)







## Simplify Grocery Shopping & Live Better!

#1 Question I am ALWAYS asked.

### **Budget...**

How do I feed my family REAL food & stay within a budget?

I believe that packaged & "convenience" items are a complete money waster.

I have found huge savings in skipping these types of products.

There are plenty of natural options that are just as convenient.

I am so accustomed to purchasing the same basic items each week that I do not use a list or a meal plan. I grab my basics & then scout out the meat, produce & frozen produce for sales. This gives me the chance to experiment with a variety of fruits and vegetables.

### My basics:

Eggs,  
Lean meat / fish (watch for sales, when the price is good, purchase extra to freeze.)  
Almond milk (no carrageenan added-check those labels!)  
Nuts (watch the sales!)  
All-natural nut butters,  
Oatmeal  
Greek all natural yogurt,  
Frozen (fruit-awesome treat!)  
Frozen Vegetables,  
A fresh herb or two to add flavor to everything, naturally  
Coconut oil & Olive Oil  
Apple Cider Vinegar,  
Brown Rice,  
Quinoa,  
Beans,  
Natural Popping Corn, Non-GMO(to air pop),  
Natural stevia(or natural sweetener of choice )

Then, head over to the produce section where the majority of our groceries are found.

In the produce section, buy according to the sales. Try new things!

Items such as: apples, carrots, bananas, lemons, celery, mushrooms, lettuces, spinach, avocados, sweet potatoes, peppers, cucumber, onions & zucchini, are usually inexpensive & always purchased weekly.

This list is just a starting point.

Begin where you can. Do a bit better each week.

Realize that by taking small actions toward this type of shopping, you will be a PRO in a year from now!

I believe life is more simplistic when we stick to this basic outline & that we actually SAVE money.

*They are watching!*

**"I wish my kids would eat like that."**

I hear this more than anything else! Children model their parents behavior. Taste preferences are formed very young...BUT- As humans we have the ability to learn new things, change, & grow. It's NEVER too late! Keep the junk out of the house. This will eliminate empty-calorie snacking, and keeps those little bellies hungry for nutritious foods. We need to be IN CHARGE of these little people, while they are young. It's showing love in it's truest form by offering kids the food their bodies require for a lifetime of health.

## ● #2 FRIDGE & PANTRY MAKEOVER, READING LABELS



*"I did so well working out today but then I came home STARVING and pounded down two giant handfuls of Doritos, a slice of pizza, my kids' cookie I found lying around... I don't even know if it's a week old."  
But we wanted to eat healthy, right?  
Wanting, & actually having a PLAN are two entirely different things.  
It all starts in the kitchen, not at the gym.  
Your kitchen is your secret weapon to health & fitness goals. It holds the key to your success. We eat what's easy to grab, so make the easy-to-grab things healthy.*

***It's so basic, but so empowering.***

A healthier lifestyle is a choice; it's about creating a long-term strategy. That's why, when my clients are looking to change their eating habits, one of the first things I tell them is that it's time to clean, and properly stock the pantry & refrigerator.

### Stocking a CLEAN pantry

**Clean out the junk:** Unless you change what's in your cupboards, the chances are you'll find temptation catching up with you. Take the time to do a thorough cleaning of your pantry. Read food labels, and systematically clean out items that you know are your downfall, and get rid of products that are high in sodium, sugar or artificial colorings and preservatives. Soda, ketchup, cookies and high-sugar cereals- if you keep them, you WILL eat them! I'm not saying you can't leave a few treats — but be honest with yourself, and only allow those treats that you know you can maintain control over, such as homemade clean treats or frozen grapes.

**Restock with healthier foods:** At least as important as eliminating junk foods is restocking those cupboards with healthier, CLEAN foods.

**Re organize and prioritize:** We are creatures of habit and convenience. If cooking becomes too much of a hassle, we are that much more likely to order a pizza. So alongside buying healthy ingredients, make sure you also spend time to organize your cupboards so the good stuff is easy to get to.

Always keep several of your FAVORITE snack & quick dinner recipes VERY handy, so that when hunger strikes, you have a simple, delicious, solution.

### REMOVE IT, or YOU WILL EAT IT!







### **How I do my families weekly meal preparation:**

I spend a few hours on Sunday prepping for the week. It's something I really look forward to. Coffee, music, chitter chatter with the kids.

The purpose: NOT relying on convenience food; regardless of what happens during the busy week.

I no longer use "Almond Breeze". It contains carrageenan. "Silk" brand uses non-GMO almonds, & is carrageenan free. There are many wonderful organic brands available at health stores-OR some people like to make their own.

I assemble 8-10 complete meals in containers: chicken breast, organic steamed broccoli/brussels, brown rice...or something similar, so that a nutritious meal is always within reach.

Grill or bake hormone free chicken breasts-Lean Grass fed meats.(I have 4 kids-it's so handy!) Freeze half, place the other half in single baggies or jars for quick meals.



I like to bake halibut or salmon while my chicken is on the grill. Fish goes into a large glass sealed container, to be eaten within 48 hours.

I boil 4 dozen eggs. This makes mornings easy! Try pre-peeling the shells to make it even simpler! My fam goes through a dozen most days! Try portioning them out; 2 peeled eggs to a Ziplock baggie, and place within children's reach.



Green Tea is pre-brewed & refrigerated in a glass sealed container.

I rinse berries with a Tbsp.of apple cider vinegar to a cup of water- rinse again & let dry well then store in glass jars(let air dry VERY well first). I have found that if the berries/grapes are truly ready to grab & eat, we use them faster. I'm more likely to throw them on oatmeal, or as a snack if they are ready.

"Glass Jar Salads" Prep & EAT for 5 days! Ingredients must be completely dry. Moisture is the enemy for these. Vinaigrette at the bottom-chopped veggies in the middle/greens on top. Folded paper towel at the very top (before lid) absorbs moisture.



Pre-chop or dice celery, cucumber, zucchini, peppers, carrots, green beans, etc. Quick fajitas, salads, or soup all week!

Sliced lemon wedges-always ready to use, we love lemon on everything!

In the freezer you will find: An entire shelf of frozen/peeled bananas (smoothies & banana ice-cream), frozen fruit-SO much less expensive than fresh!, frozen grapes for snacks, berries, frozen broccoli, frozen green beans. Frozen precooked shrimp(stir fry in minutes)Frozen cooked & shredded chicken(soup & chicken tacos). Ground lean turkey (precooked). Salmon filets.

# Reading Product Labels



Overwhelmed by all those strange words on the ingredient & “nutrition” lists? You’re not alone!

*Let’s break this down a bit:*

## Fats

If most of the fat content comes from healthy unsaturated fat, you’re probably OK. If the fat is mainly saturated and/or the product has any trans fat, keep it away from you!

Trans fat has been shown to increase levels of “bad” LDL cholesterol while decreasing levels of “good” HDL cholesterol.

Check the ingredient list: If it includes partially hydrogenated oil, then there is trans fat in there. Shortening is another source of trans fat.

## Sodium

Excess sodium can raise blood pressure, which increases heart disease risk.

For your optimum health, you should consume no more than 805 milligrams (mg) per serving





## Fiber

We need at least 3g per serving in any product that contains grains, including bread.



## Serving size

The amounts shown on the label refer to 1 serving.

Don't be fooled! Do the math to get the right numbers!



## Calorie count

A higher-calorie food might be worth eating if it also contains lots of nutrients. Calories ABSOLUTELY MATTER!!! Even if you're eating clean.



## Sugars

This number doesn't distinguish between naturally occurring sugars (like fructose in fruit) and added sugar (like high-fructose corn syrup). Look at the ingredients for sources of added sugar. If sugar is one of the first two ingredients, don't buy it! Ingredients are ordered by volume, so the higher up on the list an ingredient is, the more it contains. I really do believe sugar is the MAIN CAUSE of so many of our health problems. Learn to live without it & you will live a VERY healthy life!

## Whole grains

Look for the word whole before the name of a grain, as in whole wheat. Popcorn, oatmeal and quinoa are whole grains. If you see the word enriched before a grain-the grain has been refined, meaning it has been stripped of the germ and bran(stripped of nutrition)

## Vitamins and minerals

These will primarily come from fresh, whole food in your daily diet....you know the FOOD without labels. This amount on packaging is not something to consider if you are eating plenty of Whole, Fresh foods.

Terms like "fat free" or "all natural" are often slapped on a food item that may not be healthy at all.

**JUST EAT REAL FOOD!** The less labels, the BETTER for your family.

## ● #3 SAMPLE MEAL PREP SCHEDULE, FREQUENCY, & AMOUNTS

Meal prep is exactly what it sounds like - prepping meals in advance!  
It can be entire meals, or just part of meals.

If you are taking this VERY seriously, and need help calculating macronutrients & micronutrients in order to pull everything together, and reach your fitness goals, YOU WILL NEED:

- Food Scale
- Excellent Quality Reusable Food containers like these: [Bentobox](#)
- Measuring cups
- Glass Jars for Salads(wide mouth quart)
- Glass jars for overnight oats/oatmeal jars(wide mouth pint & half jar)
- Reusable snack containers



**Please visit these trusted Websites to figure out your required Daily Nutrition needs:**

(or better yet-consult a professional for a detailed plan fit to YOUR specific needs)

- ▶ <http://iifym.com/iifym-calculator/>
- ▶ <http://myfitnesspal.com>

## Frequency?

Once or twice a week.

Most people choose a day during the weekend when they have a bit more time.

I plan on a larger prep session every Sunday, when I have time & enjoy it.

Then, a short prep Wednesday to make the week end on a good note!  
(more on my schedule in a bit)



### **The Truth Is:**

Meal prep will ultimately make your life a lot easier, & more efficient. Portion control is covered, time and money are saved, and we don't have to decide what to eat later on because a healthy choice is readily available.

If you had the choice between a processed food option and a healthy and delicious meal that was already prepared for you- many of us would probably go for the healthier prepared option.

So many people WANT to make healthy choices but we want it to be EASY.

Make it easy on yourself by prepping ahead so that healthy and delicious meal is always waiting for you!





## “I don’t have the time!”

Many of us think we don’t have time for meal prep.

If we added up all of the time we spend creating healthy meals every single day, we would end up spending MORE time doing that than prepping beforehand!

Set yourself up for success by prioritizing your meal prep.

Set time aside 1 or 2 days a week where you can do as little or as much meal prep as you need to make it effective.

Some of us will need more prepping than others.

Some people prefer to prep EVERY MEAL in advance, and for that reason they’ll eat the same thing every day.

Some people prefer to eat different things and therefore find ways to prep a little bit at a time and make creating the final meal go a little more smoothly.

### **What kind of FOOD PREPPER are YOU?**

There is no “right” or “wrong” way to meal prep, but there will be a way that works better for you, and your family.

Here are a few things to consider when determining what works for you.

It is likely that trial and error will play a role, and you’ll learn what works best for YOU, as you go!



## MINIMUM MEAL PREP

### **ADVANTAGE:**

- Less time is spent initially
- Less prep planning is necessary
- More flexibility & versatility among meals

### **DISADVANTAGE:**

- More time is spent throughout the week

### **START HERE IF:**

- You are good at managing time, and would rather spend a little extra time throughout the week to be able to eat different things each day.

## MAXIMUM MEAL PREP

### **ADVANTAGE:**

- Less time is spent throughout the week

### **DISADVANTAGE:**

- More time is spent initially
- More prep planning is necessary
- Less flexibility & versatility among meals

### **START HERE IF:**

- You struggle with managing time, or are extremely busy during the week. A great option if you're okay with eating the same foods for multiple days.

## **EXACTLY what I do each week to PREP my family:**

Plan 6 Days of breakfasts (usually very similar foods in the rotation for 4-6 months, with the daily change-up being in-season vegetables & fruit)

Smoothies prepped for the week

Plan My lunch each day, and 3 lunches for the kids  
(they eat leftovers, or whatever needs to be used the other days)

Snacks prepped, clean, chopped for the entire week

5 Dinners as a family prepped ahead.

\*this leaves: 1 night Dinner out & 1 night to use up anything that needs using, or just a CREATIVE night in the kitchen :)

## **Sunday Breakfast Prep:**

Boil & eggs, usually about 1-2 per person per day (last for 7 days in fridge, max)

Prepare 1 batch of egg muffins (recipe found in this book) To be eaten within 2 days

1 night of favorite overnight oats for each person- to be eaten Monday Morning:  
<http://cleanfoodcrush.com/banana-bread-oats/>

Oatmeal Jars for later in the week:

<http://cleanfoodcrush.com/instant-oatmeal-jars/>

Smoothies Prepped & frozen:

*See page 23 for directions.*

Berries washed & ready to add in the mornings

### **Snacks Prep:**

Carrot sticks, Celery sticks, apples washed etc.

Prepare homemade hummus, or salsa for the week.

### **Bag up single serve:**

grapes, air-popped popcorn, nuts, etc.



## Lunch Prep:

**For me it's ALWAYS a Salad-in-a-Jar or Anytime-Healthy-Meal-To-Go**



I prepare my entire work week lunches on Sunday  
For the kids I gather the weeks ideas & freshly chopped fruits & veggies, and store everything on one shelf in the fridge.

I use a bento-style lunch box & throw them together in about 5 minutes the night before using all the fresh ingredients /mixed with leftovers. You get REALLY creative with these after a while!

The key here is to keep all lunch supplies in one group/drawer in the fridge- easy!



## Smoothie Prep

**Instead of spending 10 minutes EACH morning; deciding, finding, and preparing smoothie ingredients, you can prepare a weeks worth of your favorite smoothies all at once-in about 20 minutes total!**

{**Green Smoothie Prep Packets**} And how to “find “ more time each day

Have you ever heard of batching?

Batching is: doing a bunch of similar tasks all at once!

When we get in our “groove” with a single task we become more efficient.

By preparing these ahead of time, You just “found” yourself

10 minutes per day,

x 1 week= over an hour SAVED! THIS is why prepping ahead is EVERYTHING!

You are also more likely to drink a smoothie everyday if it’s ready to drop into the blender!

What I do for 1 weeks prep:

(You can use ANY favorite combo of fruits or make these for any # servings/ days -adjust!)

### **4 servings per day for 1 week:**

7 or more gallon Ziploc Freezer bags, large tupperware containers, OR large glass canning jars(if you have freezer space)



**Add Per Packet(my packets are EACH 4 servings):**

2 cups fresh baby spinach in each (freezes very well)

1/2 cup organic strawberries

1/2 cup organic blueberries

1/2 cup blackberries or raspberries

1 banana

optional: a handful of organic green grapes

{Seal, place in FREEZER immediately. When ready to prepare, place packet ingredients in a high powered blender. You may need to chop banana into smaller pieces. Add 2 cups liquid such as cold water, coconut milk, almond milk...etc.

These are best used within 30 days once frozen.

Enjoy your Morning ENERGY & TIME you found!



Weekly Dinner Prep ahead examples:

Example 5 night menu (remember one night dinner out & on night is leftovers)

## MONDAY MEAL

### Healthy Fiesta Salmon Filets



Prep ahead on Sunday:

Chop bell pepper, red onion, garlic. Store in container until ready to make meal.  
Prep ahead Rice or Quinoa (undercook by about a minute, store in Tupperware, then reheat with meal)

Bake fresh fish Monday night by following quick recipe & directions, will be in the oven in 5 minutes!



## Quinoa How-to:

Quinoa is delicious and nutritious, but it can end up tasting bitter if not prepared properly.

Quinoa is covered in a soapy substance called saponin that will result in this bitter taste if not removed.

Rinse your quinoa in a fine sieve until the water runs clear. Drain, and transfer to saucepan.

Heat on medium low and toast the quinoa for about 5 minutes, stirring it around in the pan.

Once it's hot and the water is absorbed, you can add your water or liquid.

Add a pinch of salt, turn the heat up and allow the water to come to a boil.

Reduce the heat to medium low, cover, and simmer for 15–20 minutes until the liquid is absorbed.

Remove from heat and allow to sit, covered, for 5 minutes.

Fluff with a fork before serving.

Ratio: 1 cup quinoa, 2 cups water



## TUESDAY MEAL

### **Pulled Buffalo Chicken Wraps**



Sunday, chop onions, garlic, & celery sticks to be served with the meal.  
Wash & store lettuce properly  
Tuesday morning, throw everything in the crock pot as described in recipe.  
**Come home to dinner!**



## WEDNESDAY MEAL

### Clean Fiesta Stuffed Bell Peppers



Sunday- Chop & store your cooked, diced chicken breasts in the fridge.  
Chop green onions, rinse black beans. Store in the fridge.  
Rinse peppers.  
Wednesday night, simply throw it together & get it in the oven as the recipe describes.

## THURSDAY MEAL

### **Supreme Pizza Zucchini Boats Perfect Weekend Food!**



Brown your lean ground beef, drain, store in the refrigerator  
Pre-chop bell pepper, onion, & olives. (store refrigerated)

When you are ready to eat: This meal should only take about 5 minutes to follow the remaining directions, combine & get it into the oven.



## FRIDAY MEAL

### **Spicy Lettuce Wraps Recipe {Make with Chicken or Turkey}**



Sunday or Wednesday brown your lean ground Turkey, drain, place in storage container, and refrigerate.

Slice celery on a diagonal, place in storage container.

Rise butter lettuce leaves (store in paper towels, wrapped, & refrigerated)

When you are ready to eat(should take less than 5 minutes to have this on the table), simply finish recipe directions, place ingredients on the stovetop, & combine, and mix just to heat through. Serve on pre-washed lettuce leaves.



● #4

# SALAD JARS



How awesome would it be to start Monday KNOWING you have a delicious, healthy lunch prepared for the entire week!?!  
Salad-Jars to the rescue!

**The secret to a perfect and tasty Mason jar salad is all in the order.**

The dressing goes in first.

This very important! This guarantees that your salad veggies don't get soggy.

Next add a grain, a protein.

This protects your more delicate greens from the moisture.

Then the fun stuff!

Little things like nuts, seeds, or feta cheese.

Leafy greens-they go in last.

## Salad Jars will stay fresh in the fridge for 4-5 days if:

- The jar is completely dry
- The vegetables, especially leafy greens are completely dry.
- Fold a paper towel and place it in the very top of the jar before sealing. This really helps with the moisture inside the jars and prolongs freshness.
- Keep refrigerated with a tightly sealed lid.



---

### Where to purchase wide mouth mason jars?



I always use wide mouth quart sized glass jars. I found a 12 pack at my local grocery store for \$10. I also LOVE Amazon.com for easy delivery & an AWESOME selection of these jars!

Checkout the CFC pantry for convenient amazon links:  
<http://cleanfoodcrush.com/clean-pantry/>

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You want to mix textures and flavors. And ideally, you'll have a filling protein, something salty and crunchy, and something sweet and tangy.

**Here are a few of our favorites:**

## Food Prep Greek Detox Salad-In-A-Jar

**GREEK SALAD Dressing: makes 4 serving of dressing**

1/4 cup extra virgin olive oil

juice of 2 fresh squeezed lemons

2 cloves garlic, minced

2 tsp dried oregano

1 tsp sea salt

1 tsp black pepper

{Whisk ingredients; Divide between 4 Mason jars or refrigerate}

Dressing goes in the bottom of the jar

{Detox Greek Salad-From the Bottom-up}

All-natural marinated artichoke hearts

1 cup baby Kale

Sliced Red Onion

English Cucumber Slices

1 cup packed baby spinach

Fresh Lemon Slice

When you're ready to eat, simply shake or stir, & dig in!

These will stay fresh for 4-5 days if:

-The jar is completely dry

-The vegetables, especially leafy greens are completely dry.

-Fold a paper towel and place it in the very top of the jar before sealing.

This really helps with the moisture inside the jars and prolongs freshness.

-Keep refrigerated with a tightly sealed lid.

**Fast Food!**





## Grab & GO Caprese Salad

**These will brighten up this week's lunches!**

Directions for each jar:

{bottom-up}

1-2 tsp extra virgin olive oil in the bottom of 1/2 pint or pint jars.

It's VERY important that the jars are completely dry.

pinch of sea salt on top of the oil.

tsp organic balsamic vinegar (optional, I do not always use)

a large handful of organic grape/cherry tomatoes.

1/4 cup fresh all natural mozzarella pearls.

I filled to the top with 1/2 torn fresh basil leaves/baby spinach combo.

I wanted more of a salad for lunch time & love to get a little spinach in wherever I can.

You can simply just use fresh basil.

When you're ready to eat, simply shake or stir, & dig in!

These will stay fresh for 4-5 days if:

- The jar is completely dry
- The vegetables, especially leafy greens are completely dry.
- Fold a paper towel and place it in the very top of the jar before sealing. This really helps with the moisture inside the jars and prolongs freshness.
- Keep refrigerated with a tightly sealed lid.

**Fast Food!**

A few of our other favorite Salad Jar combos:



## Taco Jar:

(from the bottom of the jar up)

salsa of choice (homemade or store-bought, low sugar)  
fresh grape tomatoes  
onions  
scallions  
diced avocado coated in fresh lime juice to preserve  
taco seasoned ground beef  
and spinach to the top

## Black Bean Jar:

(from the bottom of the jar up)

salsa  
a drop of plain greek yogurt  
cherry tomatoes, halved  
red onion, chopped  
black beans, drained and rinsed  
fresh corn  
diced avocado, coated in fresh lime juice to preserve  
chopped romaine lettuce  
chopped cilantro (optional)

## ● #5 FRUIT & VEGGIE PREP



Wasting food is easy to do especially fruits and vegetables. By prepping your produce ahead you will make your week MUCH easier on yourself, AND increase the chance that those precious fresh foods are actually eaten!

It's a simple idea, but it really WORKS!

We like things to be easy and if you want to integrate healthier food into your diet you need to make your healthy food as easy to grab as junk food.

It's actually quite easy to implement, try it for a few weeks.

You'll get faster each time, & more precise in knowing what really works for you!

### FRUIT TIPS

Berries- My trick? Apple Cider Vinegar!

Wash strawberries, blueberries, and even blackberries!

I don't recommend washing raspberries, washing them will actually cut their lifespan. With raspberries, proper refrigeration is key.

- ✓ The key to keeping berries fresh is to kill any spores on the fruit. The pH of Apple Cider Vinegar does that job.



- ✓ Place the berries in a large bowl and wash them in a vinegar-water bath: 1 cup of apple cider vinegar and 3 cups of water.
  - ✓ Let the berries sit in the vinegar-water bath, gently moving them to help dislodge any dirt, grime and letting the vinegar kill spores and bacteria.
  - ✓ Drain the berries in a colander and then rinse the fruit (to remove vinegar flavor).
  - ✓ I like to let dry on a towel, patting them gently.
  - ✓ Store the dried fruit in a sealed container that has been lined with paper towels — leave the lid slightly open to avoid natural moisture build-up.
- 



### Melons & Pineapple

I like to rinse, peel, and slice/cube a big batch to store in glass sealed containers (refrigerated) for eating throughout the week. We eat a lot more fruit, and enjoy it more when it is cold from the fridge.



### Grapefruit & Oranges

Segment the fruit into slices that have been lifted away from their membranes. This gives you neat slices for eating with breakfast, or in a salad. (store in glass sealed containers) Once you've done it a few times and have got the hang of it, it's very easy.

## Apples

“How do you keep the apple slices from browning?”. Solution: Natural Fruit Juice! Fresh lemon juice or pure Pineapple juice both work really well. Simply squeeze the juice of one lemon (or other citrus, if desired) into a bowl of sliced apples. Toss lightly to coat and then store the apples in a sealed container in your refrigerator. Apple slices will stay for 4-5 days worth of use.



## Grapes

Grapes need to be washed well before freezing. If you’re using non-organic grapes, it’s important to cleanse well. Grapes maintain a high position on “The Dirty Dozen,” the list of fruits and vegetables that contain the highest levels of pesticide residue.

Remove grapes from stems before washing.

You’ll want your grapes to be dry before you freeze them, so even after draining, lay them out on a towel, You’ll get a better quality freeze, without any additional ice attached to grapes, if you let them dry first.

Place the grapes on a flat baking tray. It’s a good idea to line the tray with parchment, plastic wrap, or wax paper first. This makes removing the frozen grapes easier.

Place the tray into the freezer to quick freeze the grapes. After they’re frozen solid, pack grapes into freezer bags or containers. Snack on frozen grapes for a FUN, healthy snack!



## Bananas

I've told you about my obsession for frozen bananas.

Bananas are inexpensive, and full of important vitamins.

They are the base for our daily smoothies, & the dairy-free "ice creams" I make for my kids.

10 minutes to peel, place in small bags, then into larger plastic bags.(you can reuse the larger ziplocs).

Freeze, & you are set for the week!



## Veggie TIPS

Instead of prepping your vegetables before each meal, weekly batch prep is absolutely KEY for this nutrition powerhouse! Vegetable intake is a place many people fall short.

Get all your vegetables ready for the week in an hour or less, & you'll easily meet your families daily nutrition requirements. If ready-to-use vegetables at home are very easily accessible, we will consume a lot more.

Place all the sliced/chopped vegetables in tupperware containers, or glass canning jars for the week- all at once.

**Cleanup time is pretty much the same whether you prep once weekly or for every individual meal, so why not get it all done at once!?**

There are 3 main goals to accomplish each week with your vegetables:



1

**Leafy greens or Jar Salads** prepped (also see: Jar Salad section) For leafy greens, separate and rinse leaves separately, discarding outer leaves if they're bruised or torn. They can be tough to clean, so I prefer to soak them in a bowl of cold water for just a few minutes and briefly rinse after. Blot them dry with paper towels. Do not need to rewash any products that are labeled "ready to eat" or "washed." Refrigerate your produce as soon as you can after preparing it.



2

**Chop & prep your favorite fresh vegetables:** Onions, peppers, broccoli, zucchini, cucumber, squash—they can all be chopped ahead. Cover them with a damp paper towel to keep the cut ends from drying out, then refrigerate. Celery stored in ice water in a tupperware container, or glass canning jar, lasts for at least a week. I've also had good luck wrapping cut vegetables in a damp paper towel, and then in foil. (Onions and other frequently used vegetables can be chopped, then frozen in plastic for 3 weeks.) For optimal freshness plan to do this process twice a week. Although they do last for 5-6 days, they are still freshest when eaten within 3-4 days. I use a Sunday & Wednesday schedule to keep these on hand & always fresh. If you find you are having problems with browning: Vegetables that brown when cut can be stored in the refrigerator in a bowl of ice water with a squeeze of lemon.

3

**Roast Vegetables-** If you haven't tried roasting your greens - You & your family are missing out!

"You know, I always steamed, boiled, or grilled my vegetables. It never once occurred to me to roast them (I'm not sure why). I have to say, roasted vegetables are D-E-L-I-C-I-O-U-S! I could literally eat a plate full of roasted vegetables without anything else. So good! So far, I've had roasted broccoli, cauliflower, and cabbage -- and I've loved each one! Thank you, Rachel Maser!"

- Comment left in our CFC Group

Once roasted these veggies last 3-4 days in a properly sealed container in the refrigerator. I prep them on Sunday & again on Wednesday.





## BASIC FOOD PREP VEGGIE RECIPE:

### **Oven Roasted Vegetables**

Preheat oven to 450°F. Chop up your vegetables as desired.

The larger the pieces, the longer they will take to cook, so try to make the ones in the batch you're cooking of similar size.

Place vegetables in a single layer on a baking sheet lined with foil or parchment.

Drizzle with avocado oil (my preference) or, olive oil (you don't need very much!) and sprinkle with sea salt, pepper and desired seasonings. Toss, coating the vegetables completely.

Roast for 30 minutes or until tender, stirring occasionally.





## roasted asparagus

Choose asparagus that is **BRIGHT green, with no shriveling.**

Prepare a little extra because roasted asparagus is GREAT to add to your morning eggs, quiches, soups, & especially to have extra on hand to munch on! Roast for 30 minutes or until tender, stirring occasionally.

### Ingredients:

- 1.5 lbs thin asparagus spears, ends trimmed
- 3 tbsp avocado oil or extra virgin olive oil
- 1 tbsp grated all natural Parmesan
- 2 cloves garlic, minced (mandatory)
- 1 teaspoon sea salt
- 1/2 teaspoon ground black pepper
- 1.5 tsp fresh lemon juice (optional)

### Directions for making the PERFECT asparagus:

1. Preheat an oven to 425 degrees f.
2. Place asparagus in a large bowl, and drizzle with oil.
3. Toss to coat, then sprinkle with Parmesan, garlic, salt, and pepper.
4. Arrange the asparagus onto a flat baking sheet in a single layer.
5. Roast in your preheated oven until just tender, 13-15 minutes depending on thickness.
6. Sprinkle with lemon & serve!

Did you know that you can store FRESH asparagus in the refrigerator for up to 2 weeks by chopping a bit off the ends and placing it end side down in a glass jar with several inches of fresh water – like a bouquet!

## oven roasted Brussel sprouts



**A very simple preparation with fantastic results!} Brussels are my absolute favorite vegetable. I didn't really discover this until I turned 30...so filling & FULL of vitamins & nutrients!**

**Serves 4**

(Preheat oven to 400 degrees f)

### **Ingredients:**

- 1 lb Brussel Sprouts, rinsed, trimmed, & halved lengthwise.
- 2 Tbsp avocado oil, extra virgin olive oil, or melted coconut oil.
- 1/2 tsp Sea Salt
- 1/4 tsp ground pepper

### **Directions:**

1. Toss Brussels with all ingredients on a flat rimmed baking sheet.
2. Roast, stirring at least once during cooking time.
3. I love it when several of the leaves begin to crisp up on the outside, & the inside is tender. 30-35 minutes.
4. Tonight I sprinkled them with Flavorgod lemon & garlic seasoning.



## roasted Buffalo Cauliflower

### **Cauliflower - The jackpot of Vegetables**

**Preheat oven to 425 degrees f**

I used 2 medium heads fresh cauliflower (great to have leftovers) chopped into bite size pieces.

#### **Place florets in a large bowl, & add:**

1 Tbsp avocado oil, or extra virgin olive oil

1/3 cup franks buffalo sauce

10-12 garlic cloves

{Combine well}

I sometimes sprinkle with about a Tablespoon of freeze dried chives.

Place on flat baking sheet.

Roast for 25 minutes or so, until a little crispy.



## ● #6 PROTEIN PREP

Protein is a staple of our daily diet. Whether we eat meat or not, it's important to have enough protein prepared beforehand because it's one of the most time consuming foods to prepare.

### CFC TIPS:

- Even if you buy boneless skinless chicken breast, trim the fat before cooking.
- If you don't want to dedicate the time to cooking chicken, a great timesaver is to buy a rotisserie chicken from the deli at the supermarket. Simply remove the skin and pull the meat off the bone, wrap or bag & use within 3-4 days once refrigerated.
- Using seasonings to flavor food will help cut back on calories and fat without sacrificing taste!





## How Do You Grill a PERFECT, MOIST Chicken Breast?

**It is possible!**

**Here are some tips for that perfect breast!**

- Start with uniform breasts. Trim fat, pound the thicker parts if needed to create uniform-ish pieces of meat. Do not over pound.
- Marinate in the refrigerator for a few hours beforehand. Use a marinade with an oil (I typically use extra virgin olive oil), an acid (lemon, lime, vinegar) & FLAVOR such as: herbs, garlic, mustard, chile, liquid aminos, etc.
- Bring meat just to room temperature before grilling. I remove from refrigerator & give them 15-20 minutes on the counter in a single layer.
- I ALWAYS Grill chicken on a medium-HIGH heat, flipping only ONCE! I believe chicken cooks better on the GRILL at higher Temps/ shorter amount of time.
- It likes to be undisturbed during it's grilling.
- Depending on the thickness of your breasts (this varies so greatly, I hesitate to post cooking time) about 4-7 minutes on the first side, 4-5 on the second. Keep in mind the heat is usually hotter in the back, adjust breasts according to needed cooking times/ place larger breasts where it's hotter. Chicken needs to be cooked thoroughly, until juices run clear. BUT it is very important to not over cook!
- When removing from the grill, the meat should be firm to the touch & juicy. Not hard & dry. Flipping only once during grilling & PRACTICE will make this happen!
- Wrap, or cover tightly, hot(still juicy) breasts in tinfoil for 4-5 minutes, allowing to rest after removing from the grill. This helps the meat to stay juicy & warm while rounding up your people to eat your PERFECTLY GRILLED CHICKEN!
- Remove from foil
- ALWAYS prepare extra for future meals!
- Wrap in plastic or baggies & refrigerate once cool.



## Simple CLEAN Shredded Chicken

6 chicken breasts

1 diced onion

sea salt if desired

Cook in your crock-pot on high for 4 hours, or low for 6-7 hours

No other liquid is required because the chicken & onion produce their own cooking liquid.

Rather than shredding with forks, place hot chicken in your Kitchen Aid mixer with your flat beater attachment & process for 1 minute. Instant shreds!

Divide into portions for the week.

Cooked chicken lasts refrigerated for 3-4 days if sealed well.

It's great to keep portions of cooked shredded chicken in your freezer to have on busy evenings.

Soups, Salads, Wraps, Tacos, Casseroles, Sandwiches...

**YOU are set!**



## Simple CLEAN Shredded Chicken

### A simple Prep-ahead idea!

#### Directions for 20 meatballs:

Preheat oven to 400 degrees f

1 lb. lean ground turkey, chicken, or beef

3 egg whites, or 1 whole large egg

1 small onion, diced very small

1 red bell pepper, diced very small

1 green bell pepper, diced very small

1 tsp sea salt

1/2 tsp. freshly ground pepper

2-3 cloves garlic, minced

1 Tbs. freeze dried oregano

1 Tbs. freeze dried basil

1 tsp dried thyme

{Combine all the ingredients well. Form 1 inch round balls. I use a cookie scoop for this step. Bake in your preheated 400 degree oven on a coconut oil greased, flat baking sheet pan for 12 minutes.} These can be served with a low sugar marinara sauce for dipping. These are fantastic on top of zucchini noodles!



## Easy Baked Chicken

Preheat oven to 400°F.

Cover a baking dish or pan with foil and spray with cooking spray.

Pat your chicken dry and rub with a little olive oil.

Transfer to your baking sheet, leaving space in between.

Sprinkle with sea salt, pepper and other desired seasonings. Bake for 30-40 minutes, until completely cooked through.

Serve immediately or refrigerate for later.

Allow to cool and refrigerate for up to 4 days, or freeze for up to 3 months.



## Zesty Baked Shrimp for Food Prep

1 pound medium shrimp, peeled and deveined

2 tablespoons olive oil

4 cloves garlic, minced

1/2 teaspoon dried oregano

1/2 teaspoon dried basil

Sea salt and freshly ground black pepper, to taste

Juice of 1 lemon

2 tablespoons chopped Italian parsley, or cilantro leaves, for garnish

Preheat oven to 400 degrees F. Lightly coat a flat baking sheet with nonstick spray. Place shrimp in a single layer onto the prepared baking sheet. Add olive oil, garlic, oregano, & basil; season with salt and pepper, to taste. Gently combine. Place into oven and cook through, about 6-8 minutes. Stir in lemon juice.

Sprinkle with Italian parsley, if desired.

Once completely cool, store in a sealed container in the refrigerator for 3-4 days.



## Best EVER Prep-ahead Baked Salmon



### Ingredients:

- 1 1/2 tablespoons extra-virgin olive oil, divided
- 4 6-to 8-ounces boneless salmon fillets, skin on
- 1 tablespoon chopped fresh herbs (optional)
- Zest of 1 lemon
- Sea salt and freshly ground black pepper

### Directions:

- Preheat oven to 275°F. Line a rimmed baking sheet with aluminum foil.
- Brush with 1/2 tablespoon oil.
- Place salmon fillets, skin side down, on prepared baking sheet.
- Mix remaining oil, herbs, and lemon zest in a small bowl.
- Spread thyme mixture over salmon fillets, dividing equally.
- Season with salt and pepper.
- Let stand 10 minutes to allow flavors to develop.
- Bake salmon until just opaque in center, 15-18 minutes.
- Serve with lemon wedges.
- Once completely cool, store in a sealed container in the refrigerator for 3-4 days.



## Best Prep-ahead Baked Halibut



### Ingredients:

- 2 lbs. fresh halibut
- 2 fresh lemon
- 3 Tbs. olive oil
- 4 Tbs. paprika

### Directions:

Cut the fish into 8-ounce pieces or two pieces per pound.  
Marinate in lemon in 2 separate glass baking dishes for 20-30 minutes.  
Drizzle olive oil and sprinkle paprika over all.  
Bake 10-15 minutes at 450 degrees F.  
Once completely cool, store in a sealed container in the refrigerator for 3-4 days



## HARD BOILED EGGS

One of my favorite sources of protein are eggs.

Hard boiled eggs are great to keep on hand for snacks, salads, quick breakfast or immediately following workouts!

I usually keep several peeled in the fridge, (in baggies) for the kids to grab after school.

It can be difficult to get perfectly hard boiled eggs with no green ring around the yolk or they're ridiculously hard to peel. Follow these easy steps to make your life easier!

Fill pan up with water so that the eggs are covered.

Add 1/2 tsp baking soda.

This makes it so the shells peel more easily!

Bring water to a boil, then turn the heat off.

Leave the pan on the same burner. When the water reduces to a simmer, cover for 20 minutes.

Rinse with cold water.

The instant hot to cold will allow the egg to shrink, making the shell easier to peel.

Place in refrigerator for up to a week.

No green ring and super easy to peel!





## Prep-Ahead Egg Muffin Cups

*Makes 12*

### Ingredients:

- ½ tsp olive oil (for cooking the mushrooms)
- 1 (10 oz) package fresh baby spinach
- 8 large eggs
- 1/2 cup all-natural shredded cheese Italian Blend
- 1 (8 oz package) mini-bella mushrooms, chopped
- Sea Salt and Pepper, to taste

### Directions:

Try asparagus or bell peppers with the spinach. Sometimes I add some onions to the mix. Preheat the oven to 375F.

Heat oil in a large skillet. Saute the mushrooms until they are soft, about 5 minutes. Set Aside. Place spinach in the skillet that you used for the mushrooms. Using medium heat, cook the spinach just until wilted, about 3 mins. In a large mixing bowl, whisk the eggs until combined. Add the cooked mushrooms, spinach, cheese (if using) to the eggs. Mix well. Season to taste.

Divide evenly among the 12 muffin cups.

Bake for about 20-23 minutes, or until it's well set and a tester/toothpick inserted in the center comes out clean. Let cool before removing, store in the fridge for up to 4 days.



# ● #7 YOU ARE WHAT YOU DRINK.



What you drink during the day is just as important as what you eat.

## **TAKE A PASS ON FRUIT JUICE!**

Fruit juices are exceptionally high in calories and sugar. Actual fruit is more appetite satisfying anyway!



## **ENJOY COFFEE IN MODERATION.**



If you're a coffee drinker, limit coffee to 1-2 small cups with an optional splash of unsweetened almond, coconut, or cashew milk. Skip the sugar. Add spices like cinnamon and nutmeg or extracts like vanilla or almond instead of sugar.

Prepare Green Tea or Sun Tea to the package directions (Make a gallon at a time!)  
Keep it in the refrigerator in a sealed glass container, and sip a cup or two per day.

**You will LOVE having this on-hand each day!**



## JUST drink the water! (your body will thank you!)

We all know to drink at least 8 cups (64 oz) of PURE water throughout the day. This keeps our body energized and from feeling confused about whether it's hungry or thirsty.

I drink 1 gallon every single day.

Begin your day with a glass of warm water & fresh squeezed lemon juice!

Its cleansing and healing effects will have positive effects on your health.

Lemons contain pectin fiber which is very beneficial for colon health and also serves as a powerful antibacterial.

It balances maintain the pH levels in the body.

Having warm lemon juice early in the morning helps flush out toxins.

It helps reducing pain and inflammation in joints and knees.

It helps cure the common cold.

The potassium content in lemon helps nourish brain and nerve cells (We feel AWAKE).

Huge benefits to the skin and it prevents the formation of wrinkles and acne.

Here are some ideas to LIVEN it up, & say GOODBYE to soda for life!  
Try serving these up at your next party instead of boring water bottles.

**You will LOVE having this on-hand each day!**



### **Strawberry Flavored Water:**

4-6 strawberries, hulled and quartered  
1/2 lemon, sliced  
Small handful of basil, "muddled" a tiny bit to bring flavor.  
Ice and cold filtered water

### **Watermelon Flavored Water:**

2 slices of watermelon, cut into thirds  
Small handful of fresh basil, "muddled" a tiny bit to bring flavor  
Ice and cold filtered water

### **Blueberry Orange Water:**

6 cups water  
2 mandarin oranges, cut into wedges  
a large handful of fresh blueberries  
ice



## Create-Your-Own Fruit Infused Water

- Raspberry or strawberry & lemon - any berry paired with lemon ends up with a lemonade like flavor!
- Watermelon mint - very refreshing!
- Tropical mango pineapple - this one comes out sweeter than the others, but in a totally good way!
- Citrus cucumber (lemon, lime, orange, cucumber)
- Other fruits to try: honeydew, cantaloupe, blueberries, blackberries, peaches
- Try fresh herbs too! Rosemary, basil, mint



### **A couple of things to make fruit infused water easier:**

Combine all ingredients in a pitcher and put in the fridge for 2-24 hours to allow the water to infuse.

You can also squeeze in the juice of the citrus and muddle the berries/herbs to intensify flavor a bit.

Serve cold.

I use large sun tea glass jars.

Some people like to lightly “muddle or mush” up the fruit blend before putting water over it. I do this!

When you finish the water, just fill it back up! You can do this a couple of times. If you want to keep the flavor super strong, just add a little bit more fruit to your blend.

Mason jars are your friend. Play with flavor. Get the plastic lids so you can take it on the go without the mess.

# BUILD-A-BOWL



## YOUR ULTIMATE PREP-AHEAD RECIPE FOR A FIT-HEALTHY LIFE

Master the art of the perfectly balanced 400 calorie Build-A-Bowl and you now hold all the secrets to the entire FIT universe!

Make a Build-A-Bowls for lunch or dinner!

This is a great go-to for whenever you don't know what to make or want to prep a few meals at a time. AND it's a great way to use up those groceries that need to be used. After experimenting, be sure to write down your favorite combos!

### **Build-A-Bowl Guide:**

To Build-A-Bowl, pick one option from each category, & combine.

**Step 1** Protein 120 calories chicken, turkey, fish, tempeh, tofu, edamame, OR eggs made with 1 tsp CLEAN oil.

**Step 2** Grain 1/2c quinoa, brown rice or diced, cooked sweet potato.

**Step 3** Greens 1c kale, baby spinach, or other leafy greens

**Step 4** Veggies 1c roasted, steamed or raw veggies

**Step 5** Beans 3T any choice of cooked/rinsed if canned bean(optional)

**Step 6** Dressing: 50 calories feta cheese, hummus, or dressing(from CFC dressing guide) of your choice

**Step 7**, Seal, store in the refrigerator & eat within 3 days.