



**28 DAY
CLEAN EATING
PLAN**

AFC

PHYSICAL MEDICINE, CHIROPRACTIC
CENTERS

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THE CLEAN EATING GUIDE

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WHAT IS CLEAN EATING?

The basic principle of clean eating is trying to eat to the best of your ability, whole, fresh, unprocessed foods. Food that occurs in nature and don't go through extensive processing.

Preparing the food by yourself will help your chances of being successful on a clean eating plan. Going out to restaurants is not restricted but unfortunately the food served there is not as fresh and most likely processed, resulting in less nutritional value. If you are not used to cooking in the kitchen start with basics and move up from there.

A clean diet can be a little bit different for everyone but there is one thing that all clean eaters would agree on: The white stuff has to go! This includes all white sugar and white flour products. These foods provide absolutely no nutritional value. Whole foods actually fill you up and fuel you, whereas the white stuff fill a mental craving but don't physically fill you up. These foods also make it very hard to keep your blood sugar levels stable. When your blood sugar is too high or too low it will cause cravings and may also cause symptoms like irritability and fatigue. This will make staying on a clean eating plan more difficult.

Eat enough and eat on a regular basis. Don't let your body get to hungry or else it will be really hard to not cheat or grab a high energy convenient food. Eating on a regular basis will also help you regulate your blood sugar levels. The meal plan included in this plan contains four meals. Three main meals and one snack which should be plenty to fuel you through the day.

It's all about balance and your plate should reflect that. Try to eat a balanced amount of proteins, fats and carbohydrates at every meal. Fill your plate up with an unlimited amount of vegetables, add in quality sources of protein, complex carbs and healthy fats.

The clean eating approach understands that not all calories are equal. When you only consume whole foods you are much more likely to not over consume and maintain a healthy weight. Eating whole foods will provide your body with the nutrients it needs to keep your body not only at a healthy weight but also overall healthy. Whole foods contain an abundance of vitamin and minerals like Vitamin A, C, D and K, B12, magnesium and calcium. Of course you could take supplements for these but the nutrients are absorbed much better when consumed through food versus pill form.

PANTRY AND FRIDGE STAPLES

VEGETABLES

Asparagus
Broccoli
Carrots
Cauliflower
Celery
Cucumber
Garlic
Green Onions
Jalapeño
Kale
Mushrooms
Mixed Spring Greens
Red Bell peppers
Red cabbage
Red Onions
Spaghetti Squash
Spinach
Sweet Potato
Tomatoes
White Onions
Zucchini

FRUIT

Apples
Avocado
Bananas
Blackberries
Blueberries
Dates
Grapefruit
Grapes
Kiwi
Lemon
Lime
Mango
Melon
Orange
Peach
Pear
Pineapple
Pomegranate
Strawberries
Raspberries
Watermelon

PROTEIN

Chicken
Turkey
Eggs
Beef
Bison
Lamb
Pork
Lamb

POULTRY

Shrimps
Wild Caught Salmon
Tuna Steak
Canned Tuna
Canned Sardines

GRAINS

Brown Rice
Brown Rice Pasta
Brown Rice Tortilla Wrap
Gluten Free Oatmeal
Quinoa

NUTS & SEEDS

Almonds Walnuts
Chia Seeds
Flaxseeds Pumpkin
Seeds

EXTRAS

Almond Milk
Canned Coconut Milk
Nut Butters
Coconut Aminos
Honey
Protein Powder
Raw Cacao Powder
Tahini
Tomato Paste
Apple Cider Vinegar
Honey Dijon Mustard

BEANS & LEGUMES

Black Beans
White Beans Chickpeas
Lentils

OILS

Coconut Oil
Extra Virgin Olive
Oil Avocado Oil
Sesame Seed Oil

CLEAN 15 / DIRTY DOZEN

by EWG

The more organic products you can include in your diet the better, but of course not everyone has the budget for it. Eat organic as much as you can but never avoid buying fruits or vegetables just because you can't afford the organic version.

The Environmental Working Group releases a Clean 15 and Dirty Dozen list every year showing us which fruits and vegetables have the most and the least pesticides added to our food. I recommend referring to this list while grocery shopping to minimize your exposure to toxins and cut on cost.

CLEAN 15

Avocado
Sweet Corn
Pineapple
Cabbage
Frozen Sweet Peas
Onions
Asparagus
Mangos
Papayas
Kiwi
Eggplant
Honey Dew Melon
Grapefruit
Cantaloupe
Cauliflower

DIRTY DOZEN

Strawberries
Apples
Nectarines
Peaches
Celery
Grapes
Cherries
Spinach
Tomatoes
Sweet Bell Peppers
Cherry Tomatoes
Cucumbers
Hot Peppers
Kale and Collard Greens

EATING OUT WHILE ON A CLEAN EATING DIET

Committing to a clean eating lifestyle doesn't mean you will never be able to attend social events or dine out again. When you switch to a clean eating lifestyle you have to make sure that it fits into your lifestyle. Although going out every night of the week is not recommended, going out once in a while will be healthy for you if it's something you really enjoy.

It's a matter of making the right choices. Look for dishes like stir-fries and salads on the menu. If you can't find anything on the menu that is clean eating approved here are some examples of things you can order separately.

Protein

Grilled Chicken Breast

Grilled Salmon Fillet

Steak

Hamburger without the bun

Carbs

Baked Potato

Baked Sweet Potato Fries

Quinoa

White/Brown Rice

Fats

Avocado or Guacamole Nuts
and Seeds

(Great on top of a salad)

Olive Oil

Beverages

Water

Sparkling Water

Tea

Coffee

Most of the restaurants will have all of these foods in the kitchen even if it's not written exactly like that on the menu. Don't be shy to ask for something a little different. When it comes to your health it's always worth it. The last tip for eating out on a clean eating diet is to ALWAYS ask for the dressing on the side. Most restaurants add way more than needed. Even if it's a healthy dressing I recommend doing this.

ADDITIONAL TIPS & TRICKS

Write a grocery list when you go to the grocery store so that you are prepared and don't end up adding unnecessary items in the shopping cart.

You also want to do the bulk of your shopping on the outside perimeter of the grocery store. That is where they keep all the fresh whole foods.

Always look at the ingredients over the macro-nutrients/calories because a food with "good" macro-nutrients may have hidden artificial sweeteners and additives.

Buy in bulk if possible to save money. Grains, beans and anything you can freeze are great options.

Soy is not included in this meal plan because it's not the health food it has been marketed to be. Soy is extremely processed and in most cases genetically modified. If you choose to consume soy make sure it is organic and has been minimally processed.

Meal plan as much as you can to save time in the kitchen.

When it comes to liquids stick to water, sparkling water, organic herbal teas and coffee.

Eat foods that you enjoy and you will be most likely to stick to a clean eating plan.

Sit down with no distractions when you have your meal.



RECIPES

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GREEN PROTEIN SMOOTHIE



INGREDIENTS

- 1/2 Frozen Banana
- 1 Cup of Spinach
- 1/2 Avocado
- 1 Serving of Vanilla Protein Powder
- 1 Cup of Almond Milk
- 1 Tbsp of Chia Seeds

NUTRITIONAL VALUE

- Fat: 20 g
- Carbs: 28 g
- Protein: 42 g
- Total Calories: 430 Calories

DIRECTIONS

Start by pouring the almond milk into the blender to avoid the ingredients sticking at the bottom of the blender. Next add in the banana, avocado, spinach, chia seeds and the protein powder. Turn the blender on, starting at a low speed and increase as needed. Once the liquid looks even, pour into a cup and enjoy immediately to conserve as many nutrients as possible.

RASPBERRY COCONUT SMOOTHIE



INGREDIENTS

1 Cup of Raspberries
1/2 Frozen Banana
1 Tbsp of Chia Seeds
1 Cup Coconut Milk
1 Serving of Vanilla Protein Powder

NUTRITIONAL VALUE

Fat: 10 g
Carbs: 54 g
Protein: 41 g
Total Calories: 448 Calories

DIRECTIONS

Start by pouring the coconut milk into the blender to avoid the ingredients sticking at the bottom of the blender. Next add in the banana, raspberries, chia seeds and the protein powder. Turn the blender on, starting at a low speed and increase as needed. Once the liquid looks even, pour into a cup and enjoy immediately to conserve as many nutrients as possible.

BLUEBERRY SMOOTHIE



INGREDIENTS

1 Cup of Blueberries
1 Banana
1 Cup of Coconut Milk
1 Serving of Vanilla Protein Powder
Handful of Ice

NUTRITIONAL VALUE

Fat: 18 g
Carbs: 53 g
Protein: 20 g
Total Calories: 436 Calories

DIRECTIONS

Start by pouring the coconut milk into the blender to avoid the ingredients sticking at the bottom of the blender. Next, throw in the blueberries, banana, collagen powder and the ice. Turn the blender on, starting at a low speed and increase as needed. Once the liquid looks even, pour into a cup and enjoy immediately to conserve as many nutrients as possible.

CHOCOLATE BANANA SMOOTHIE



INGREDIENTS

1 Frozen Banana
1/2 Avocado
1 Cup of Almond Milk
2 Tbsp of Raw Cacao Powder
1 Serving Chocolate Protein Powder

NUTRITIONAL VALUE

Fat: 10 g
Carbs: 54 g
Protein: 41 g
Total Calories: 448 Calories

DIRECTIONS

Start by pouring the almond milk into the blender to avoid the ingredients sticking at the bottom of the blender. Next, throw in the banana, avocado, cacao powder and the protein powder. Turn the blender on, starting at a low speed and increase as needed. Once the liquid is even pour into a cup and enjoy immediately to conserve as many nutrients as possible.

SUPERFOOD OATMEAL



INGREDIENTS

1/2 Cup of Gluten Free Oatmeal
1 Cup of Almond Milk
1/4 Cup of Almonds
1/2 Cup of Berries
1 tsp of Ground Cinnamon

NUTRITIONAL VALUE

Fat: 21 g
Carbs: 40 g
Protein: 12 g
Total Calories: 401 Calories

DIRECTIONS

In a pot place the oats, cinnamon and the almond milk and turn the heat on high until it starts boiling. Once it's boiling turn the heat down to low and stir until all of the almond milk is absorbed. Once the oatmeal is ready transfer it into a bowl and add the nuts and fresh berries.

Optional: Add honey or extra toppings.

CHOCOLATE OVERNIGHT OATS



INGREDIENTS

1/2 Cup of Gluten Free Oatmeal
1 Cup of Almond Milk
1 Serving of Chocolate Protein Powder
1 Tbsp of Chia Seeds
1 Tbsp of Raw Cacao Powder
1 Tbsp of Maple Syrup
Optional: Raw Cacao Nibs

NUTRITIONAL VALUE

Fat: 18 g
Carbs: 60 g
Protein: 46 g
Total Calories: 550 Calories

DIRECTIONS

Combine all the ingredients into a mason jar or a sealed container, give it a good stir and place in the fridge overnight. In the morning, add raw cacao nibs on top for an extra crunch if desired. Enjoy cold or heated up.

VEGGIE SCRAMBLE & AVOCADO



INGREDIENTS

2 Eggs
1 Cup of Spinach
2 Mushrooms
1/4 Red Bell Pepper
1/4 Cup of Red Onions
1/2 Avocado
1 tsp of Coconut Oil

NUTRITIONAL VALUE

Fat: 39 g
Carbs: 16 g
Protein: 16 g
Total Calories: 460 Calories

DIRECTIONS

Heat a pan on medium heat and add the coconut oil. Once the coconut oil is melted add all of the vegetables except for the spinach and cook for 3 minutes. Finally add the eggs and spinach. Once the omelette is complete add the sliced avocado on top. Season with salt and pepper to your desire.

MINI OMELETTES



INGREDIENTS

3 Eggs
1/2 Cup of Spinach
1 Small Tomato
1 Tbsp of Fresh Basil
1 Tbsp of Coconut Oil

NUTRITIONAL VALUE

Fat: 29 g
Carbs: 5 g
Protein: 20 g
Total Calories: 360 Calories

DIRECTIONS

Preheat the oven at 350F/175C. Coat a muffin tray with coconut oil to avoid sticking. Whisk together the 3 eggs. Chop up the spinach, basil and tomatoes. Pour the egg mixture into 3 different muffin cups. Then add a little bit of the vegetable mixture in each cup leaving about 1cm empty at the top. Bake in the oven for 18 minutes.

BANANA PANCAKES



INGREDIENTS

1 Banana
2 Eggs
1 tsp of Ground Cinnamon
1 tsp of Coconut Oil

NUTRITIONAL VALUE

Fat: 24 g
Carbs: 30 g
Protein: 14 g
Total Calories: 378 Calories

DIRECTIONS

In a bowl combine the banana and two eggs. Use a hand blender or a fork to mix the banana and eggs together. You should end up with a consistency similar to pancake batter. Place a pan on medium heat and melt the coconut oil. Slowly add the batter in the pan forming 5 inch diameter pancakes. Put the cover on and cook for 30 seconds on each side. Repeat until you have cooked the whole batch. Be creative with your toppings, add any of your favourite clean foods. These may include but are not limited to berries, almond butter, coconut flakes and chopped nuts.

CRUNCHY KALE SALAD



INGREDIENTS

2 Cups of Kale
1 Carrot
1/2 Avocado
1/2 Cup of Chickpeas
Dressing >
1 Tbsp of Tahini
1 Tbsp of Lemon Juice

NUTRITIONAL VALUE

Fat: 22 g
Carbs: 40 g
Protein: 16 g
Total Calories: 431 Calories

DIRECTIONS

Preheat the oven to 350F/175C. Drain and rinse the chickpeas. Dry them with a paper towel and spread them evenly on a baking tray. Bake for 45 minutes. While the chickpeas are baking prepare the vegetables by rinsing and chopping up the kale, peeling and shredding the carrots and cutting the avocado into small cubes. Set the vegetables aside and prepare the dressing. Combine all the dressing ingredients into a bowl and whisk together until it forms a smooth consistency. Add all of the vegetables to a bowl with the baked chickpeas and then drizzle the dressing on top.

CHICKEN COBB SALAD



INGREDIENTS

(2 Servings)

4 Cups of Spinach

8 oz of Chicken

2 Hard Boiled Egg

4 Slices of Bacon

1 Cup of Chopped Cucumber

1 Avocado

2 Tbsp of Extra Virgin Olive Oil

Pinch of Sea Salt and Pepper

NUTRITIONAL VALUE

(per serving)

Fat: 39 g

Carbs: 10 g

Protein: 39 g

Total Calories: 524 Calories

DIRECTIONS

Start by washing the spinach and placing it at the base of a salad bowl. Next, add all of the remaining ingredients one by one in a straight line. Lastly drizzle the olive oil on top and add the sea salt and pepper if desired.

CHICKEN QUINOA AVOCADO SALAD



INGREDIENTS

(2 Servings)

8 oz of Chicken Breast
1/2 Cup of Quinoa
1 Tomato
1 Cup of Diced Cucumber
1 Avocado
1 Tbsp of Extra Virgin Olive Oil

NUTRITIONAL VALUE

(per serving)

Fat: 30 g
Carbs: 40 g
Protein: 30 g
Total Calories: 553 Calories

DIRECTIONS

Preheat the oven to 350F/175C. In the oven place the chicken breast in a dish with olive oil and cover for about 30 minutes. After placing the chicken in the oven measure out 1/4 cup of quinoa and add to a pot with 1/2 cup of water. Turn the heat on to high until it's boiling then bring down to low until all the water has been absorbed and the quinoa is fluffy. While the chicken and quinoa are cooking chop up the cucumber, tomatoes and avocado into small cubes. Combine all of the vegetables in a large bowl. Once the chicken is cooked, let it cool and then chop into small pieces. Add the chicken and quinoa to the vegetables. Mix together and add olive oil, salt and pepper to finish.

POWER BOWL



INGREDIENTS

(2 Servings)

4 Cups of Kale

8 oz of Chicken Breast

1 Sweet Potato

1 Avocado

1 Red Bell Pepper

1 tsp Olive Oil

Dressing per Serving >

1 Tbsp of Tahini

1 Tbsp of Lemon Juice

NUTRITIONAL VALUE

(per serving)

Fat: 30 g

Carbs: 45 g

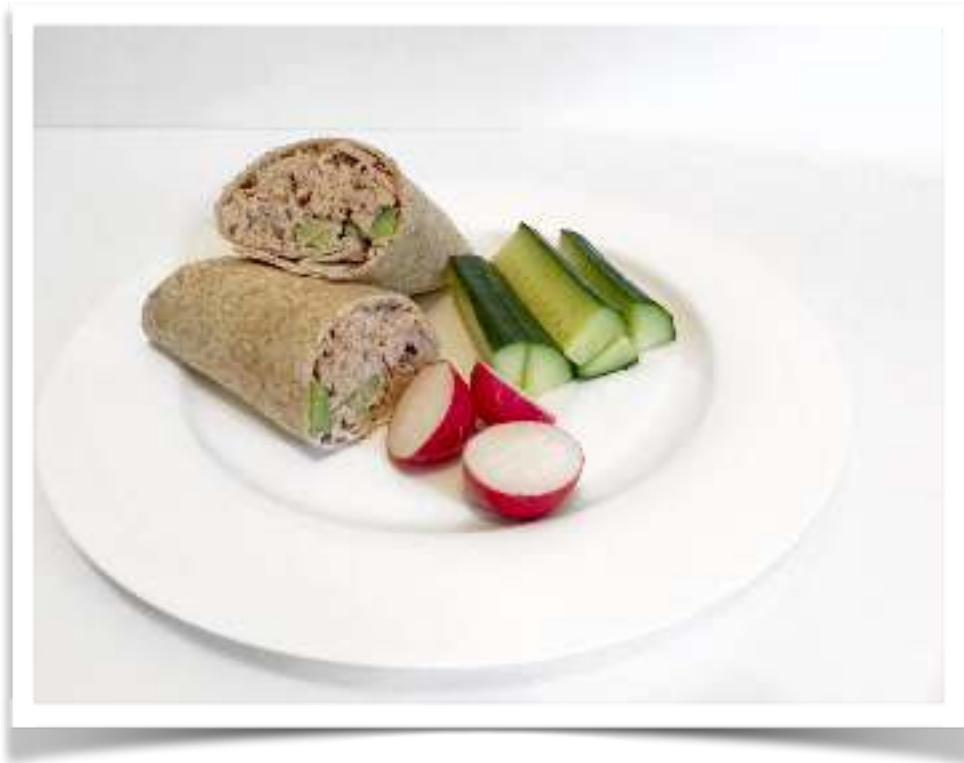
Protein: 36 g

Total Calories: 574 Calories

DIRECTIONS

Preheat the oven at 350F/175C. Place the chicken breast and cube sized sweet potatoes on a baking tray with parchment paper and bake for 30 minutes. While the chicken and sweet potatoes are baking, clean and chop the kale. Once the kale is ready mix in with the olive oil and massage it into the kale. Chop the red peppers and avocado. Prepare the dressing by mixing the tahini and fresh lemon juice. Once the chicken and sweet potatoes are done, place the massaged kale at the bottom of a dish and add all of the other ingredients on top of it, finishing off with the dressing.

TUNA WRAP



INGREDIENTS

1 Can of Tuna
1/2 Avocado
2 Stalks of Celery
1/4 Cup of Red Onions
2 Brown Rice Tortilla Wraps

NUTRITIONAL VALUE

Fat: 17 g
Carbs: 43 g
Protein: 38 g
Total Calories: 453 Calories

DIRECTIONS

Drain the can of tuna and pour it into a mixing bowl. Scoop out half of an avocado and mix it in with the tuna. Finely chop the celery and red onion and add to the bowl. Season with salt and pepper.

Add the mixture to the brown rice tortilla wraps and roll.

SWEET POTATO SALMON CAKES



INGREDIENTS

(2 Servings)

- 1 Medium Sweet Potato
- 8 oz Salmon Fillet
- 1 Egg
- 1/2 Cup of Almond Flour
- 1/4 Cup of Green Onions
- 1 tsp of Sea Salt
- 1/4 tsp of Black Pepper

NUTRITIONAL VALUE

(per serving)

- Fat: 25 g
- Carbs: 25 g
- Protein: 30 g
- Total Calories: 434 Calories

DIRECTIONS

Preheat the oven at 400F/200C and line a baking sheet with parchment paper. Wash and peel the sweet potato and steam until soft. Bake the salmon for about 15-20 minutes. Once the sweet potato is soft and the salmon is cooked mash them up in a bowl and add in the remaining ingredients. Form 8 patties and spread them out on the baking sheet. Bake the Sweet Potato Salmon cakes for 30 minutes, flip the patties at around 15 minutes. Serve it on its own or with a green salad.

CHICKEN ALMOND BUTTER STIR FRY



INGREDIENTS

(2 Servings)

8 oz Chicken Breast

2 Cups of Broccoli

1 Red Bell Pepper

4 Mushrooms

1/2 Cup of Red Onions

1/4 Cup of Coconut Aminos

2 Tbsp of Almond Butter

1 Tbsp of Coconut Oil

NUTRITIONAL VALUE

(per serving)

Fat: 35 g

Carbs: 53 g

Protein: 32 g

Total Calories: 534 Calories

DIRECTIONS

Chop all the vegetables in bite size pieces. Place a pan on medium heat and melt the coconut oil. Slice the chicken and add to the pan. While the chicken is cooking combine the coconut aminos and almond butter and whisk until it forms a thick sauce. Once the chicken is cooked add in all the vegetables and the almond butter sauce. Cook and cover for another 7-10 minutes. Turn the heat off and take the cover off and let the sauce thicken up for a few minutes before serving.

CHICKEN CURRY



INGREDIENTS

(Makes 2 Servings)

- 8 oz of Chicken
- 2 Cup of Broccoli
- 1 Carrot Sliced
- 1/2 Cup of Chopped Onions
- 1 Can of Coconut Milk
- 2 Cups of Cauliflower Rice
- 1 Tbsp of Ground Turmeric
- 1 Tbsp of Ground Cumin
- 1 Tbsp of Ground Ginger

NUTRITIONAL VALUE

(1 Serving)

- Fat: 50 g
- Carbs: 35 g
- Protein: 35 g
- Total Calories: 720 Calories

DIRECTIONS

Place a pan on medium heat and melt 1 teaspoon of coconut oil. Add the chicken and cook until it is well done. Take the chicken out of the pan and place it aside for now. Add another teaspoon of the coconut oil and all the vegetables and spices to the pan. Let the vegetables sauté for 5 minutes then add the coconut milk, let it cook for another 5 minutes. Lastly add the chicken back in and mix well. Serve on top of cauliflower rice.

TOMATO & GARLIC SPAGHETTI SQUASH



INGREDIENTS

(2 Servings)

1 Small Spaghetti Squash

8 oz of Chicken Breast

1 Can of Diced Tomatoes

2 Cloves of Garlic

1/4 Cup of Onions

2 Tbsp of Extra Virgin Olive Oil

NUTRITIONAL VALUE

(per serving)

Fat: 38 g

Carbs: 33 g

Protein: 27 g

Total Calories: 557 Calories

DIRECTIONS

Start by pre-heating the oven to 400F/200C. Cut your spaghetti squash into two equal halves and take the seeds out by using a spoon. Bake the squash with the peel on the bottom of a baking tray for 45 minutes. While the squash is cooking you can start preparing the sauce by placing a pan on low-medium heat and adding the olive oil. Next, add the garlic, onion and diced tomatoes. Slice the chicken breasts and add them to the pan. Stir every few minutes to make sure the chicken cooks evenly. Once the garlic and tomato sauce is ready you can set it aside on low heat and wait for the squash to be done. After 45 minutes, take the squash out and use a fork to scrape out the squash into spaghetti like strings. Top it off with the chicken garlic tomato sauce.

TURKEY LETTUCE BURGERS



INGREDIENTS

(2 Servings)

450 g of Ground Turkey
1 Cup of Spinach
1/4 Cup of Onions
1 Clove of Garlic
1 Tbsp of Coconut Oil

NUTRITIONAL VALUE

(per serving)

Fat: 25 g
Carbs: 3 g
Protein: 40 g
Total Calories: 405 Calories

DIRECTIONS

Chop the spinach, onions and garlic and combine in a mixing bowl with the ground turkey, salt and pepper. Melt the coconut oil on medium heat in a pan. Form 6 patties and fry for 3-5 minutes each side. Once the burgers are ready add your favorite toppings to them and enjoy.

BEEF FAJITA BOWL



INGREDIENTS

(2 Servings)

- 8 oz Beef Sirloin Strips
- 1 Red Bell Pepper
- 1/2 Cup of Onions
- 2 Cloves of Garlic
- 1/2 Cup of Brown Rice
- 1 Avocado
- 1 Tbsp of Coconut Oil
- Fajita Seasoning** >
 - 1 Tbsp Paprika
 - 1 tsp Garlic Powder
 - 1 tsp Onion Powder
 - 1/2 tsp Cayenne Powder

NUTRITIONAL VALUE

(per serving)

- Fat: 10 g
- Carbs: 41 g
- Protein: 27 g
- Total Calories: 330 Calories

DIRECTIONS

Start by adding 1/2 cup of water and the rice to a pot and bring to a boil, then lower the heat to a simmer. Place a pan on medium heat and add the coconut oil. Once the oil has melted add the onions and garlic and sauté for 1 minute. Add the beef strips and cook for 3-5 minutes. While the beef is cooking cut the red pepper into strips. Once the beef is ready add the peppers and all the fajita seasoning spices and cook for an extra 5 minutes. Combine in a bowl the beef mixture, brown rice and mashed avocado.

BEEF & BROCCOLI



INGREDIENTS

(2 Servings)

- 8 oz Beef Sirloin Strips
- 2 Cups of Broccoli
- 1/2 Cup of Brown Rice
- 1/4 Cup of Coconut Aminos
- 1/2 Cup of Onions
- 1 Cloves of Garlic
- 1 Tbsp of Coconut Oil

NUTRITIONAL VALUE

- Fat: 23 g
- Carbs: 52 g
- Protein: 28 g
- Total Calories: 454 Calories

DIRECTIONS

Start by bringing 1 cup of water with the rice to a boil. Once the water is boiling bring down to a simmer. Next finely chop the onion and garlic. Place a large pan on medium heat and add the coconut oil, once the oil has melted add the onions and garlic. Once the onions are translucent add the beef strips into the pan and cook for 3-5 minutes. Lastly cut the broccoli into small floret and add them into the pan along with the coconut aminos. Cover and cook on low heat for 10 minutes. Once the beef and broccoli is done serve it on top of the brown rice.

ZUCCHINI NOODLES & BOLOGNESE



INGREDIENTS

(2 Servings)

2 Zucchini
450 g of Ground Beef
1/2 Cup of Coconut Milk
1/4 Cup of Tomato Paste
1 Cup of Spinach
1 Carrot
6 Mushrooms
1/2 Cup of Onions
2 Cloves of Garlic
1 Tbsp of Coconut Oil

NUTRITIONAL VALUE

(per serving)

Fat: 25 g
Carbs: 10 g
Protein: 28 g
Total Calories: 374 Calories

DIRECTIONS

Chop the onions, garlic and mushrooms. In a pan melt the coconut oil and add the onions and garlic, once the onions become translucent add in the ground beef and season with salt and pepper. Once the ground beef is cooked through, add the chopped mushrooms and spinach. In a small bowl combine the coconut milk and tomato paste and mix together until it forms a thick sauce. Add the coconut milk and tomato paste mixture to the skillet and turn the heat down to low, let simmer for about 10 minutes. While the bolognese is cooking wash 1 zucchini and spiralize it into noodles. Serve the bolognese on top of the spiralized zucchini.

BAKED SALMON



INGREDIENTS

4 oz of Salmon Fillet
1/4 Cup of Brown Rice
10 Stalks of Asparagus
1 Tbsp of Olive Oil

NUTRITIONAL VALUE

Fat: 22 g
Carbs: 29 g
Protein: 28 g
Total Calories: 419 Calories

DIRECTIONS

Start by pre-heating the oven at 350F/175C. Cut off the ends of the asparagus and wash it. Coat the salmon and the asparagus with olive oil, salt and pepper. Line a baking tray with parchment paper, add the salmon and asparagus to the baking tray and bake for 20 minutes. While the salmon is baking prepare the rice by adding 1 cup of water and the rice to a pot. Bring to a boil and then turn the heat down to a simmer until all of the water is absorbed. Add the salmon, asparagus and brown rice to a plate and enjoy.

SHRIMP PAD THAI



INGREDIENTS

(2 Servings)

6 oz of Brown Rice Noodles
8 oz of Shrimps
2 Cups of Bean Sprouts
2 Cloves of Garlic
1/2 Cup of Green Onions
1/4 Cup of Coconut Aminos
2 TBSP of Almond Butter
1 Tbsp of Coconut Oil

NUTRITIONAL VALUE

(per serving)

Fat: 26 g
Carbs: 67 g
Protein: 24 g
Total Calories: 581 Calories

DIRECTIONS

Heat up a pan on medium heat and add the coconut oil. Finely chop the garlic and add it to the pan with the shrimps. While the shrimps are sautéing fill up a pot with water and bring to a boil. Once the water is boiling add in the brown rice noodles. When the shrimps are ready add in the bean sprouts. Mix together the coconut aminos and the almond butter to form a thick sauce and toss it in the pan and lower the heat. Mix the noodles and the shrimp mixture together and enjoy.

HUMMUS & VEGETABLES



INGREDIENTS

(4 servings)

- 1 Can of Chickpeas
- 1/4 Cup of Tahini
- 2 Tbsp of Extra Virgin Olive Oil
- 2 Tbsp of Lemon Juice
- 1 Clove of Garlic
- 1 tsp of Cumin
- 1/2 tsp of Sea Salt
- 1 Cup of Cucumber Sticks

NUTRITIONAL VALUE

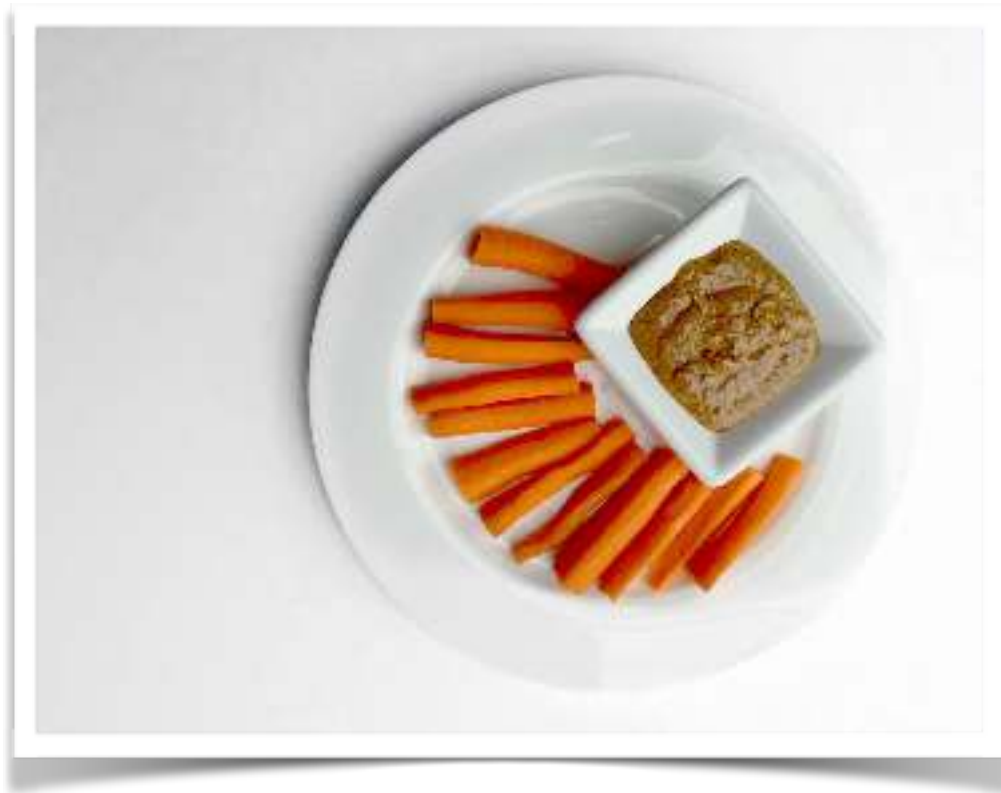
(per serving)

- Fat: 16 g
- Carbs: 22 g
- Protein: 8 g
- Total Calories: 251 Calories

DIRECTIONS

Start by preparing the chickpeas. If you are preparing dry chickpeas follow the instructions on the packaging or if you are using canned make sure to drain the chickpeas and rinse them well. Once the chickpeas are ready add all of the ingredients into a food processor and process until it forms a smooth and creamy texture. Store your hummus into an air tight container or portion it out immediately into 4 servings.

CARROTS & ALMOND BUTTER



INGREDIENTS

2 Carrots
1 Tbsp of Almond Butter

NUTRITIONAL VALUE

Fat: 19 g
Carbs: 13 g
Protein: 5 g
Total Calories: 229 Calories

DIRECTIONS

Cut the carrot into sticks and dip them in the almond butter.

SEED CRACKERS & GUACAMOLE



INGREDIENTS

(Makes 4 Servings)

1/4 Cup of Chia Seeds

1/4 Cups of Sesame Seeds

1/4 Cups of Sunflower Seeds

1/2 Tbsp of Herb Mix Seasoning

1/2 tsp of Sea Salt

1 Cup of Water

Guacamole >

1/2 Mashed Avocado

Juice of Half a Lime

Pinch of Sea Salt

NUTRITIONAL VALUE

(per serving)

Fat: 24 g

Carbs: 14 g

Protein: 8 g

Total Calories: 280 Calories

DIRECTIONS

Preheat the oven to 175C. Mix all the seeds together with water and seasonings. Let the mixture sit for 5 minutes. Line a baking sheet with parchment paper and spread the seed mixture evenly until flat. Bake for 30 minutes then remove from the oven, cut them into squares, flip them and bake for another 15 minutes. While the crackers are baking combine all the guacamole ingredients in a bowl and mash until you have a smooth consistency.

CACAO COCONUT BALLS



INGREDIENTS

(Makes 10 Balls)

1 Cup of Almonds

1/2 Cup of Shredded Coconut

8 Medjool Dates

2 Tbsp of Raw Cacao Powder

NUTRITIONAL VALUE

(2 balls)

Fat: 18 g

Carbs: 36 g

Protein: 6 g

Total Calories: 324 Calories

DIRECTIONS

Remove the pit from the dates. Combine all the ingredients in a food processor and mix until it forms a doughy mixture. Form 10 balls with the mixture and then store them into the fridge to preserve freshness.

APPLE PIE BITES



INGREDIENTS

(10 balls)
8 Medjool Dates
1 Cup of Dried Apples
1 Cup of Walnuts
1 tsp of Cinnamon

NUTRITIONAL VALUE

(2 Balls)
Fat: 16g
Carbs: 44g
Protein: 5g
Total Calories: 314 Calories

DIRECTIONS

Remove the pit from the dates. Combine all the ingredients in a food processor and mix until it forms a doughy mixture. Form 10 balls with the mixture and then store them into the fridge to preserve freshness.

EASY TRAIL MIX



INGREDIENTS

(3 servings)

1/2 Cup of Coconut Chips

1/4 Cup of Almonds

1/4 Cup of Pumpkin Seeds

NUTRITIONAL VALUE

(per serving)

Fat: 20 g

Carbs: 9 g

Protein: 10 g

Total Calories: 256 Calories

DIRECTIONS

Add all of the ingredients in an air tight jar and store somewhere cool or immediately divide the trail mix into 3 mini plastic bags.

GREEK YOGURT & BERRY PARFAIT



INGREDIENTS

1 Cup of Greek Yogurt
1/2 Cup of Mixed Berries
1/4 Cup of Granola

NUTRITIONAL VALUE

Fat: 9 g
Carbs: 33 g
Protein: 26 g
Total Calories: 313 Calories

DIRECTIONS

Combine the greek yogurt, mixed berries and granola in a bowl.

OATMEAL COOKIES



INGREDIENTS

(8 Cookies)

1 Cup of Gluten Free Oatmeal

1 Ripe Banana

1 tsp of Cinnamon

Optional: Add nuts, dried fruit or chocolate chips to customize the cookies to your liking.

NUTRITIONAL VALUE

(per cookie)

Fat: 1 g

Carbs: 19 g

Protein: 3 g

Total Calories: 99 Calories

DIRECTIONS

Preheat the oven at 375F/200C. In a bowl mash the banana and add the oats, cinnamon and any additional ingredients if you choose. Mix until it forms a sticky and even mixture. Divide the mixture in 8 cookies on a baking sheet and bake for 8 minutes.



28 DAY MEAL PLAN

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Week 1

	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
Breakfast	Green Protein Smoothie	Superfood Oatmeal	Green Protein Smoothie	Superfood Oatmeal	Green Protein Smoothie	Superfood Oatmeal	Banana Pancakes
Lunch	Tuna Wraps	Power Bowl (leftovers)	Sweet Potato Salmon Cakes (leftovers)	Beef Fajita Bowl (leftovers)	Chicken Cobb Salad (leftovers)	Baked Salmon	Chicken Curry (leftovers)
Dinner	Power Bowl	Sweet Potato Salmon Cakes	Beef Fajita Bowl	Chicken Cobb Salad	Eat Out Using the Clean Eating Guide Guidelines	Chicken Curry	Tomato Garlic Spaghetti Squash
Snack	Hummus & Cucumber Sticks	Cacao Coconut Balls	Hummus & Cucumber Sticks	Cacao Coconut Balls	Hummus & Cucumber Sticks	Cacao Coconut Balls	Hummus & Cucumber Sticks

Week 2

	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
Breakfast	Raspberry Coconut Smoothie	Chocolate Overnight Oats	Raspberry Coconut Smoothie	Chocolate Overnight Oats	Raspberry Coconut Smoothie	Chocolate Overnight Oats	Banana Pancakes
Lunch	Tomato Garlic Spaghetti Squash (leftovers)	Chicken Quinoa Avocado Salad (leftovers)	Zucchini Noodles & Bolognese (leftovers)	Chicken Almond Butter Stir Fry (leftovers)	Turkey Lettuce Burgers (leftovers)	Crunchy Kale Salad	Shrimp Pad Thai (leftovers)
Dinner	Chicken Quinoa Avocado Salad	Zucchini Noodles & Bolognese	Chicken Almond Butter Stir Fry	Turkey Lettuce Burgers	Eat Out Using the Clean Eating Guide Guidelines	Shrimp Pad Thai	Beef & Broccoli
Snack	Seed Crackers & Guacamole	Carrots & Almond Butter	Seed Crackers & Guacamole	Carrots & Almond Butter	Seed Crackers & Guacamole	Carrots & Almond Butter	Seed Crackers & Guacamole

Week 3

	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
Breakfast	Chocolate Banana Smoothie	Veggie Scramble & Avocado	Chocolate Banana Smoothie	Veggie Scramble & Avocado	Chocolate Banana Smoothie	Veggie Scramble & Avocado	Banana Pancakes
Lunch	Tuna Wraps	Power Bowl (leftovers)	Sweet Potato Salmon Cakes (leftovers)	Beef Fajita Bowl (leftovers)	Chicken Cobb Salad (leftovers)	Baked Salmon	Chicken Curry (leftovers)
Dinner	Power Bowl	Sweet Potato Salmon Cakes	Beef Fajita Bowl	Chicken Cobb Salad	Eat Out Using the Clean Eating Guide Guidelines	Chicken Curry	Tomato Garlic Spaghetti Squash
Snack	Apple Pie Bites	Greek Yogurt & Berry Parfait	Apple Pie Bites	Greek Yogurt & Berry Parfait	Apple Pie Bites	Greek Yogurt & Berry Parfait	Apple Pie Bites

Week 4

	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
Breakfast	Blueberry Smoothie	Mini Omelettes	Blueberry Smoothie	Mini Omelettes	Blueberry Smoothie	Mini Omelettes	Banana Pancakes
Lunch	Tomato Garlic Spaghetti Squash (leftovers)	Chicken Quinoa Avocado Salad (leftovers)	Zucchini Noodles & Bolognese (leftovers)	Chicken Almond Butter Stir Fry (leftovers)	Turkey Lettuce Burgers (leftovers)	Crunchy Kale Salad	Shrimp Pad Thai (leftovers)
Dinner	Chicken Quinoa Avocado Salad	Zucchini Noodles & Bolognese	Chicken Almond Butter Stir Fry	Turkey Lettuce Burgers	Eat Out Using the Clean Eating Guide Guidelines	Shrimp Pad Thai	Beef & Broccoli
Snack	Oatmeal Cookies	Easy Trail Mix	Oatmeal Cookies	Easy Trail Mix	Oatmeal Cookies	Easy Trail Mix	Oatmeal Cookies



GROCERY LISTS

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GROCERY SHOPPING TIPS

The grocery lists are as precise as possible and here are a few tips:

1. Ingredients like coconut oil and olive oil are only on the first week's grocery list because they are used daily so be aware if you run out you will need to re-purchase these.
2. Ingredients like Almond Butter, Coconut Aminos, Tahini, Almond Flour, Chia Seeds, Oats, Quinoa, and baking ingredients are listed in the grocery lists usually as a few tablespoons but I highly recommend to buy these in bulk and before heading to the grocery store check if you already have them in your pantry.
3. The vegetables are sometimes rounded off, for example when you need two cups of broccoli in a recipe you will only be able to purchase a full head. In this case I encourage you to use the extra vegetables in other meals or use it as dipping vegetables if hummus is your planned snack for the week.
4. There are also recipes with protein powder as an ingredient. Protein powders can be bought by the serving or in a big container. I recommend going to the container if it is something you plan on using past the 28 Day Meal Plan. If not then finding single servings may be best.
5. Bananas! There are always bananas needed in smoothies every week so if you buy too many or they are on sale feel free to stock up and freeze them.
6. Many of these recipes call for fresh herbs like parsley and basil. To save money I recommend getting these two herbs as a small plant. They are very easy to maintain and don't cost much.
7. Use any excess vegetables to snack on during the week when you are hungry.
8. Lastly, always check the fridge and pantry before you head out to the grocery store with your list to make sure there are no left overs.

GROCERY LIST - WEEK 1

Fruits & Vegetables

3 Bananas
1 1/2 Cup of Berries
5 Avocados
1 Lemon
4 Cups of Kale
7 Cups of Spinach
2 Sweet Potatoes
1 Small Spaghetti Squash
2 Red Bell Peppers
1 Small Head of Broccoli
1 Small Head of Cauliflower
1 Carrot
10 Stalks of Asparagus
1 Cucumber
2 Stalks of Celery
1/4 Cup of Green Onions
1 Red Onion
3 Onions
5 Cloves of Garlic

Meat, Eggs & Seafood

32 oz of Chicken Breast
5 Egg
4 Slices of Bacon
8 oz Beef Sirloin Strips
12 oz Salmon Filet
1 Can of Tuna

Grains, Beans & Legumes

1 1/2 Cup of Gluten Free Oatmeal
2 Brown Rice Tortilla Wraps
3/4 Cup of Brown Rice
1 Can of Chickpeas

Nuts & Seeds

1 3/4 Cups of Almonds
3 Tbsp of Chia Seeds

Baking Supplies

1/2 Cup of Almond Flour
1/2 Cup of Shredded Coconut
8 Medjool Dates
2 Tbsp of Raw Cacao Powder

Condiments

Organic Coconut Oil
Extra Virgin Olive Oil
6 Cups of Almond Milk
1 Can of Coconut Milk
1 Can of Diced Tomatoes
1/4 Cup + 1 Tbsp of Tahini

Herbs & Spices

Sea Salt
Ground Black Pepper
Ground Cinnamon
Ground Paprika
Garlic Powder
Onion Powder
Cayenne Powder
Ground Turmeric
Ground Cumin
Ground Ginger

Extra

3 Servings of Vanilla Protein Powder

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GROCERY LIST - WEEK 2

Fruits & Vegetables

2 Bananas
3 Cups of Raspberries
4 Avocados
2 Limes
1 Lemon
2 Cups of Kale
2 Cups of Spinach
4 Cups of Broccoli
2 Zucchini
1 Red Bell Pepper
8 Carrots
1 Cucumber
1 Tomato
10 Mushrooms
2 Cups of Bean Sprouts
1/2 Cup of Green Onions
1 Red Onion
3 Onions
4 Cloves of Garlic

Meat, Eggs & Seafood

16 oz of Chicken Breast
450 g of Ground Turkey
8 oz Beef Sirloin Strips
450 g of Ground Beef
8 oz of Shrimps

Grains, Beans & Legumes

1 1/2 Cup of Gluten Free Oatmeal
12 oz of Brown Rice Noodles
1/2 Cup of Brown Rice
1/2 Cup of Quinoa
1/2 Cup of Chickpeas

Nuts & Seeds

1/2 Cup + 2 Tbsp of Chia Seeds
1/4 Cups of Sesame Seeds
1/4 Cups of Sunflower Seeds

Baking Supplies

3 Tbsp of Raw Cacao Powder
3 Tbsp of Maple Syrup

Condiments

3 1/2 Cup of Coconut Milk
3 Cups of Almond Milk
1/4 Cup of Tomato Paste
3/4 Cup of Coconut Aminos
1/4 Cup + 3 Tbsp of Almond Butter
1 Tbsp of Tahini

Herbs & Spices

Herb Mix Seasoning

Extra

3 Servings of Vanilla Protein Powder
3 Servings of Chocolate Protein Powder

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GROCERY LIST - WEEK 3

Fruits & Vegetables

3 Bananas
1 1/2 Cup of Mixed Berries
7 Avocados
1 Lemon
4 Cups of Kale
7 Cups of Spinach
2 Sweet Potatoes
1 Small Spaghetti Squash
3 Red Bell Peppers
1 Small Head of Broccoli
1 Small Head of Cauliflower Rice
1 Carrot
10 Stalks of Asparagus
1 Cucumber
2 Stalks of Celery
6 Mushrooms
1/4 Cup of Green Onions
2 Red Onions
3 Onions
4 Cloves of Garlic

Meat, Eggs & Seafood

32 oz of Chicken Breast
9 Egg
4 Slices of Bacon
8 oz Beef Sirloin Strips
12 oz Salmon Filet
1 Can of Tuna

Grains, Beans & Legumes

2 Brown Rice Tortilla Wraps
3/4 Cup of Brown Rice
3/4 Cup of Granola

Nuts & Seeds

1 Cup of Walnuts

Baking Supplies

1 Cup of Dried Apples
1/2 Cup of Almond Flour
1/4 Cup + 2 Tbsp of Raw Cacao Powder
8 Medjool Dates

Condiments

1 Can of Coconut Milk
3 Cups of Almond Milk
1 Can of Diced Tomatoes
1 Tbsp of Tahini

Extra

3 Servings Chocolate Protein Powder
3 Cups of Greek Yogurt

GROCERY LIST - WEEK 4

Fruits & Vegetables

4 Bananas
3 Cups of Blueberries
2 Avocados
1 Lemon
2 Cups of Kale
3 1/2 Cups of Spinach
3 Tbsp of Fresh Basil
1 Head of Broccoli
2 Zucchini
1 Red Bell Pepper
2 Carrots
1 Cucumber
4 Tomatoes
10 Mushrooms
2 Cups of Bean Sprouts
1/2 Cup of Green Onions
1 Red Onion
3 Onions
4 Cloves of Garlic

Meat, Eggs & Seafood

16 oz of Chicken Breast
9 Eggs
450 g of Ground Turkey
8 oz Beef Sirloin Strips
450 g of Ground Beef
8 oz of Shrimps

Grains, Beans & Legumes

1 Cup of Gluten Free Oatmeal
12 oz of Brown Rice Noodles
1/2 Cup of Brown Rice
1/2 Cup of Quinoa
1/2 Cup of Chickpeas

Nuts & Seeds

1/4 Cup of Almonds
1/4 Cup of Pumpkin Seeds

Baking Supplies

1/2 Cup of Coconut Chips

Condiments

3 Cups + 1/2 Cup of Coconut Milk
1/4 Cup of Tomato Paste
3/4 Cup of Coconut Aminos
1/4 Cup of Almond Butter
1 Tbsp of Tahini

Extra

3 Servings of Vanilla Protein Powder