

DIET TYPES

CLEAN EATING

At its simplest, clean eating is about eating whole foods, or "real" foods — those that are un- or minimally processed, refined, and handled, making them as close to their natural form as possible. Follow these seven 7 rules:

- 1-Load up on Fruits & Veggies
- 2-Go Whole Grain
- 3-Eat Less Meat
- 4-Go Unprocessed
- 5-Limit Added Sugar
- 6-Keep an Eye on Sodium
- 7-Consider the Environment

Clean-Eating promotes eating in moderation versus “limiting” or “taking” away a food group away. Measurements are also by “eye-sight” and not scales or cups.

PALEO

The purest form of this diet is to eat what Cave Men ate. That means NO PROCESSED FOOD and mostly NO GRAINS and NO DAIRY. If you can HUNT & GATHER IT, YOU CAN EAT IT.

WHAT TO EAT:

- Lean cuts of beef, pork, and poultry, preferably grass-fed, organic, or free-range selections
- Game animals, such as quail, venison, and bison
- Eggs, but no more than six a week, and preferably free-range
- Fish, including shellfish
- Fruit, such as strawberries, cantaloupe, mango, and figs
- Nonstarchy vegetables, such as asparagus, onions, peppers, and pumpkin

- Nuts and seeds, including almonds, cashews, walnuts, and pumpkin seeds
- Olive oil, flaxseed oil, and walnut oil, in moderation

WHAT TO AVOID:

- All dairy products, including milk, cheese, yogurt, and butter
- Cereal grains, such as wheat, rye, rice, and barley
- Legumes, like beans, peanuts, and peas
- Starchy vegetables, such as potatoes (and some even say sweet potatoes)
- Sweets, including all forms of candy as well as honey and sugar
- Artificial sweeteners
- Sugary soft drinks and fruit juices
- Processed and cured meats, such as bacon, deli meats, and hot dogs
- Highly processed foods

KETO

Short for Ketosis, a state your body goes through after about 2-7 days without carbs as it begins burning fat instead of carbs/sugar for energy. You will need to eat a lot of fat and meat (protein) and dramatically limit carbs/sugar. On a daily basis, this is your food intake:

60-75% FAT / 15-30% PROTEIN / 5-10% CARBS

WHAT TO EAT:

- Seafood. Fish and shellfish are very **keto-friendly foods**. ...
- Low-Carb Vegetables. ...
- Cheese. ...
- Avocados. ...
- Meat and Poultry. ...

- Eggs. ...
- Coconut Oil. ...
- Plain Greek Yogurt and Cottage Cheese

WHAT TO AVOID:

- All Grains, pastas and breads
- Beans, Lentils and other legumes
- Corn
- Potatoes
- Most fruits and dried fruits
- Juice and soda
- Milk
- Desserts
- Breaded meats and other breaded fried foods
- Sugars: maple, honey, agave, table sugar, etc.

CARB CYCLING

Carb cycling works by giving your body the fuel it needs to increase your metabolism and create a calorie deficit to increase fat loss. Days are rotated between high-carb days and low/moderate-carb days and in some cases, no carb days.

There are typically three types of days when carb cycling- Notice some will not go “NO carbs” but instead follow a low to moderate and then high rotation.

- High Carb Days
- Low/moderate Carb Days
- No/low Carb Days

NOTES