

# *The Clean* EATING PLAN



# Your Clean Eating Resource Sheet

Eating clean is all about getting the right nutrients in your diet by avoiding the empty calories that blight our regular diets here in the West. That means avoiding things like sweets and cakes, as well as highly processed foods with poor bioavailability.

At the same time, you also need to make sure you aren't eating too much by tracking your rough calorie intake and AMR and you need to think about the practical sides of sticking to a diet.

All this can be a lot of hard work! But the good news is that there are plenty of resources and tools out there to help you do all this more easily...

## Tracking Your Fitness

One type of tool that can help a lot is the fitness tracker – either in the form of an app or in the form of a device. Either way, this can more accurately count your AMR, while also letting you track what you eat and encouraging you to exercise more...

### **Fitbit**

Fitbit.com

Fitbit produce a range of different fitness trackers, each with different features. The company is one of the oldest players in the space and their devices are great!

## **Microsoft Band 2**

[Microsoft.com/Microsoft-Band](http://Microsoft.com/Microsoft-Band)

The Microsoft Band 2 is one of the most sensor-packed bands on the market with 11 metrics and tons of additional productivity features. It also doubles as a smartwatch but unfortunately some people find it awkward to wear.

## **TomTom Spark**

<http://www.wareable.com/sport/tomtom-spark-review>

The TomTom Spark is an excellent device with one of the best in-built GPS options out there (as you would expect from Tom Tom). This also has the unique option to store music on the device.

## **Jawbone UP3**

[jawbone.com](http://jawbone.com)

The UP3 is a unique oddity among trackers. This uses bioimpedance instead of an infrared heart rate monitor which has both pros and cons.

## **MyFitnessPal**

[myfitnesspal.com](http://myfitnesspal.com)

This is a website and app that you can use in order to track your calorie consumption. This is the perfect aid to using a tracker as it will let you see how many calories you're burning versus how many you're eating.

Using the strategy outlined in the full ebook – regarding eating consistent breakfasts and lunches – this also becomes a lot quicker and easier to use!

## Diet Diary

One of the very best things you can do for your diet though is to keep a food diary. Write down everything you eat and also your mood, energy levels and fluctuations in weight. You can use this in order to look for correlations and that in turn will allow you to see if – for instance – you might have a genuine lactose intolerance. Or maybe a certain food makes you feel great, suggesting a nutrient deficiency of some sort!

### **Some of the Best Pots and Articles for Improving Your Diet**

There are a lot of different posts and articles out there to help you navigate your diet and understand what your food is doing to your body. At the same time though, there's also a lot of inaccurate or unhelpful information too!

This list is some of the very best articles out there. In most cases only short explanation is included as the titles themselves are quite self-explanatory!

#### **The Beginner's Guide to the Paleo Diet**

<http://www.nerdfitness.com/blog/2010/10/04/the-beginners-guide-to-the-paleo-diet/>

(Not the diet that The Clean Eating Plan recommends but this will explain a lot of the principles and help you understand them!)

#### **Primal Blueprint Recipes**

<http://www.marksdailyapple.com/primal-paleo-recipes/>

#### **The Slow Carb Diet**

<http://fourhourworkweek.com/category/the-slow-carb-diet/>

(Ditto!)

### **How to Win an Argument About Nutrition**

<http://authoritynutrition.com/how-to-win-an-argument-with-a-nutritionist/>

(This was originally called how to win an argument with a nutritionist – guessing that led to too much hate mail! Still, this is a useful post for corrected some long-held diet misconceptions.)

### **The Not-So Ugly Truth About Gluten**

<https://www.t-nation.com/diet-fat-loss/not-so-ugly-truth-about-gluten>

We discussed in the book that dairy and gluten are actually fine and not going to cause any harm. These two posts examine that claim!

### **The Definitive Guide to Dairy**

<http://www.marksdailyapple.com/dairy-intolerance/>

### **How to Help Your Cells and Mitochondria Produce Energy for Enhanced Athletic Endurance and Mental Clarity**

<http://www.thebioneer.com/help-cells-mitochondria-produce-energy-enhanced-athletic-endurance-mental-clarity/>

(This explains how our cells produce energy and how our diet can improve that!)

### **Understanding the Energy Systems**

<http://breakingmuscle.com/health-medicine/understanding-energy-systems-atp-pc-glycolytic-and-oxidative-oh-my>

### **The Four Hour Body - by Tim Ferriss**

This is a book on improving your fitness, energy levels and all-round health. There's some great diet stuff in here but also some less than stellar stuff, so read with a pinch of salt!

## Some Powerful Nutrients and Ingredients

Lastly, let's take a look at some things you should aim to try and get in your diet if you want to enjoy maximum energy and health...

**B-Complex Vitamins:** These help you to convert foods into energy and also aid in the creation of red blood cells. Vital for vitality!

**Omega 3 Fatty Acid:** An anti-oxidant, a brain enhancer and great for your joints!

**Creatine:** Creatine helps you to recombine used ATP around the body, thereby letting you enjoy more energy!

**CoQ10 and PQQ:** Both these also help to strengthen the function of the mitochondria for more energy! They're found in organ meats.

**Tryptophan:** The precursor to serotonin and ideal for boosting your mood!

**Shilajit:** A strange black 'tar' from India that is compressed biomass and packed with nutrients!

**Vitamin C:** This will strengthen your immune system and simultaneously give you more serotonin and general energy. Protective against ageing and cancer too!

**Vitamin D:** A 'master hormone' in many ways that helps you to regulate your sleep cycle as well as your production of testosterone.

**MCT Oil:** An oil found in coconut oil that can increase ketone production and thereby enhance energy and particularly brain power without increasing fat!

**Lutein:** Improves eyesight and improves energy levels.

**Calcium:** Strengthens bones, as well as strengthening connective tissues resulting in more powerful contractions.

There are many, many more examples of powerful nutrients and ingredients out there! This is why it's such a good idea to just try and eat the most varied and interesting diet you can. You'll enjoy your food more, stay fuller and see all kinds of health benefits!