



*Lexi's* CLEAN  
LIVING

# LEXI'S CLEAN EATING GUIDE

PLUS A MONTH OF MEAL PLANS,  
MY PANTRY GUIDE, AND MORE!



# **LET'S GET STARTED!**

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# WELCOME

## TO YOUR COMPLETE CLEAN EATING GUIDE!



**H**i my friend! Lexi here. I am so happy you grabbed this guide and are ready to learn more about clean eating as a lifestyle. In this guide I will outline details about this essential month-long guide, along with resources to help you see that this is not a diet or a program, but simply lifestyle changes.

### MY APPROACH

Food has changed my life. I have truly seen the power of what it can do, and I want to help you feel the best you can feel! When my gut issues were at it's worse, I worked hard to cut out foods that could cause inflammation in my body. I worked hard to heal what was going on to the best of my ability, and through this type of plan, I began to reduce inflammation, heal my gut issues, have more energy, and so much more.

Of course, there are always going to be things in our lives that we cannot change, and not everything can be conquered by a diet and lifestyle shift (more on this on the Aside From Food page). But, some things we can have control over, like the way we eat and lifestyle choices we can make, and for that I'm here by your side!

**"MOTIVATION IS WHAT GETS YOU STARTED.  
HABIT IS WHAT KEEPS YOU GOING."**

### DISCLAIMER

Any application of the recommendations set forth in this guide is at the reader's discretion and sole risk. Please consult with your physician before beginning any new exercise or nutrition program. The information provided within is intended to be general information and does not include specific individualized information nor is it intended as medical advice. The information in this guide has not been evaluated by the FDA and is not intended to treat, diagnose, cure or prevent any disease, metabolic disorder or health problem. Do not rely on any information gathered herein as a substitute for medical advice or consultation with a medical professional. With purchase of this guide you acknowledge you have read and agree to this statement.

# WHY I CREATED THIS GUIDE

You can use this as a month-long clean eating plan, or you simply use it as a basic starter guide to all things clean eating!

This YOUR journey to feeling your best, and I hope this will motivate you, support you, and provide inspiration, some accountability if desired, and excitement around clean eating!

This is a lifestyle, not a diet. Use this as a template that will fit into your lifestyle, rather than trying to fit yourself into a mold.

Ultimately, you need to listen to your body and know what works for you. Don't listen when people say, for example, that you need to be perfect and omit every single thing from your diet to be "paleo" or "to do clean eating"—whatever that means! Use it as a template to work for your lifestyle, rather than a strict diet! Not going to give up cream in your coffee? Not willing to give up the occasional glass of wine? That's FINE, in my opinion and on this plan, but know your goals, listen to your body, and make choices that will make you feel amazing and thrive, without driving yourself totally crazy.

You will feel great and it will become second nature to nourish your body with real food to optimize your mind, body, and spirit!

## TO START, WHAT IS CLEAN EATING?

Clean eating is a practical and customizable framework for the

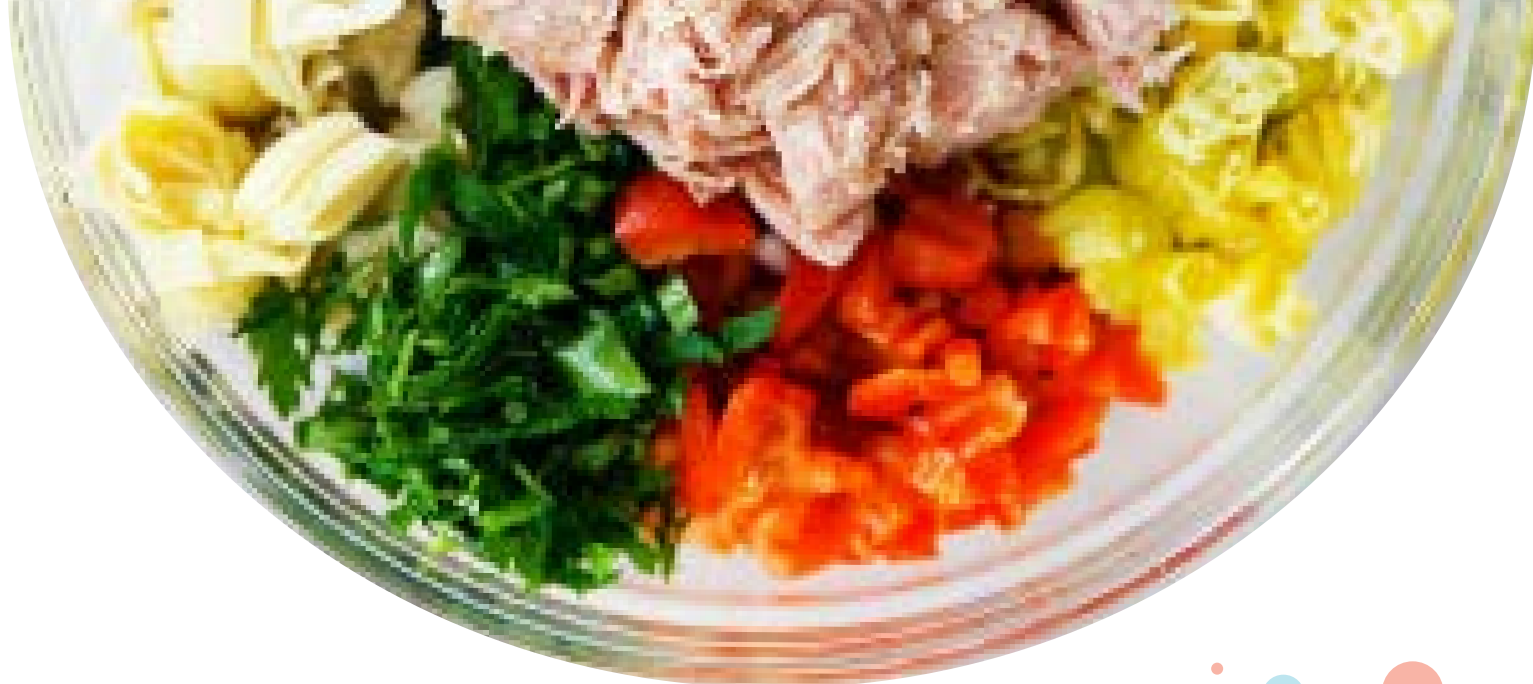
food choices we make daily. It's an intuitive lifestyle approach to eating that transcends dietary labels. At its core, clean eating is about eating whole foods and replacing processed and refined foods with healthier options to ultimately improve your health and well-being.

But perhaps above all, eating clean is not a fad diet. It has staying power. It is an approach to food that becomes part of who you are, quite simply how you live.

## HOW IS 'PALEO' DIFFERENT FROM CLEAN EATING?

Clean eating is a less-strict, more flexible umbrella of a way of eating. What I mean by this, and why the paleo diet often puts a bad taste in my mouth, is because people think it's an all-or-nothing, super strict approach to eating. I often hear people asking, "How can you eat that? It's not paleo!" Simply put, I believe that if your body is fine with something, like legumes or grains, I wouldn't suggest having them be the main portion of your meals, but go for it! While both a clean eating approach and a paleo-lifestyle have differences, they have many similarities, which is why I often link them together in my work.





# HOW TO KICKSTART YOUR CLEAN EATING

## HERE ARE SOME BASICS:

I know we are busy, so I'm not asking you to go crazy here and each day do x, y, and z. Remember this is not a diet or a strict plan. Whatever your reason may be that you found yourself here (you will think about this on the next page), have that be your accountability. Maybe you have stomach issues, lack of energy, OR maybe you just want to know some clean eating guidelines, that works too!

## SO, WHAT SHOULD I EAT?

- Veggies
- Meat
- Poultry
- Fish
- Eggs
- Fruit
- Healthy fats

## SHOULD I AVOID

## CERTAIN FOODS?

When I decided I needed to change up my diet and lifestyle—after experiencing health ailments, like GI issues, hormonal issues, and more for way too long—I cut out negative health instigators like gluten, grains, most dairy, and refined sugars. I healed, and continue to heal, my body through food, but ultimately I just feel awesome eating this way. I have more flexibility now in my diet due to the healing I did.

Now, I don't like telling you what you should and should not eat. This isn't a Whole30 or a diet, it's a lifestyle choice and changes that will ultimately leave you feeling great.

With that said, ultimately, you need to listen to your body when creating your list of "No" foods. Remember, it's not all-or-nothing and everyone is a little different!

## I PERSONALLY AVOID:

- Processed foods
- Artificial sweeteners and refined sugars
- Gluten
- Most grains
- Most dairy
- Soy and legumes

## Why ditch these things?

Often, these are instigators for inflammation and other ailments, among other things, and most people find they feel and function better without them. Once you learn to cook tasty meals without them, I promise, you won't miss them!

Now, think about things that don't make you feel great. Things that strip your energy or upset your stomach. Maybe you attempt an elimination of those!



# MY CLEAN PANTRY

Some links are clickable for easy shopping!

## OILS & FATS

- Coconut oil
- Extra-virgin olive oil
- Avocado oil
- Toasted sesame oil
- Organic grass-fed unsalted butter
- Ghee (clarified butter)
- White truffle oil

## CONDIMENTS & SAUCES

- Coconut aminos (soy sauce alternative)
- Fish sauce
- Hot sauce, such as Tabasco, Cholula, or Frank's RedHot
- Sriracha
- Dijon mustard
- Whole-grain mustard
- Ketchup  
(I like Sir Kensington's Ketchup or Muir Glen Ketchup)
- Mayonnaise, homemade or a store-bought brand that uses avocado oil (I like Choosen Foods, Primal Kitchen Foods, or Sir Kensingtons). Be sure to read labels.

## VINEGARS

- Apple cider vinegar
- Rice vinegar
- Balsamic vinegar
- White vinegar
- White wine vinegar

## SWEETENERS

- Organic raw honey
- Pure organic maple syrup
- Granulated maple sugar
- Blackstrap molasses
- Pitted medjool dates
- Coconut palm sugar

## THE SPICE DRAWER

This is an overview of my spice drawer. In bold is what I use most often.

- **Fine sea salt (pink salt)**
- **Black pepper, ground & mill**
- **Cayenne pepper**
- **Garlic power/granules**
- **Onion powder/granules**
- **Red pepper flakes**
- **Paprika**
- **Chili powder**
- **Italian seasoning**
- **Ground cinnamon**
- **Dried oregano**
- **Turmeric**
- Cinnamon sticks
- Curry powder
- Celery seed
- Dill
- Dried cilantro
- Dried Basil
- Ground cumin
- Minced onion
- Nutmeg
- Parsley
- Rosemary
- Smoked paprika
- Rosemary
- Sesame seeds
- Saffron
- Za-atar spice blend

## FLOURS

- Almond flour, blanched (be sure to purchase blanched almond flour, not meal, which has a much coarser texture.)  
I like Honeyville brand which I buy on Amazon.
- Coconut flour
- Tapioca flour (aka tapioca starch)
- Arrowroot flour (aka arrowroot starch)

## BAKING

- Baking powder
- Baking soda
- Dark chocolate chips
- Organic vanilla extract
- Cocoa powder
- Unsweetened coconut flakes and shredded coconut
- Whole vanilla beans
- Ground flax\*
- Chia seeds\*

\*Store ground flax in an air-tight container in the refrigerator following the directions for how long on the bag. Store chia seeds in the pantry.

## OTHER PANTRY ITEMS

- Nut butters (read ingredients: get ones that are just the nuts, no added sugars or oils)
- Diced tomatoes
- Tomato sauce
- Tomato paste
- Rao's Marinara (or no sugar added marinara sauce)
- Canned full-fat coconut milk
- Organic chicken broth
- Organic vegetable broth
- Organic beef broth
- White rice
- Quinoa
- Gluten-free rolled oats
- Pumpkin Puree
- Unsweetened applesauce (I use this often in my baking)
- Collagen protein (I use this in smoothies amongst other things, and just as an added source of health benefits)
- Nuts and seeds, raw: almonds, hazelnuts, pine nuts, cashews, sunflower seeds, walnuts\*
- \*Store nuts in an closed container in the pantry.



# MY CLEAN PANTRY

## MY GO-TO FRESH ITEMS I ALWAYS HAVE:

FRUIT	VEGGIES	HERBS	AROMATIC	OTHER
Bananas (I always keep some in the freezer)	Leafy greens, braising and salad (spinach, kale, romaine lettuce)	Basil	Garlic	Dairy-free milks, homemade or store-bought**
Avocados	Scallions	Parsley	Onions	
Lemons	Tomatoes	Dill	Ginger	
Limes	Carrots	Cilantro		
Frozen organic berries	Potatoes	Thyme		
Fresh berries	Sweet Potatoes			
Oranges				

\*\* (look for ones made with just almonds and water, and look out for ones that are sweetened. While sweetened may work for some recipes, it may not for others.)

## MEAT, POULTRY, EGGS, AND SEAFOOD

When sourcing animal proteins and eggs, look for labels such as grass-fed, pasture-raised, non-GMO, organic, wild-caught, soy-free, sustainable, and locally sourced.

MEAT	POULTRY & EGGS	FISH
Beef	Chicken	All varieties of fish and shellfish
Pork	Turkey	
Lamb	Eggs	
*Buy organic grass-fed, pasture-raised meat. Best if from a local farmer or farmers market!	*Buy organic, pasture-raised poultry and eggs from laying hens that are fed non-GMO and soy-free feed. Best if from a local farmer or farmers market!	*Buy wild-caught and sustainably raised seafood; avoid farm-raised.



# MEAL PREP 101

**PICK A DAY**  
Pick a day of the week that you can spend a few hours prepping and cooking!

**TIME TO COOK**  
Stay organized and go day-by-day. Label tupperware to make it easy for the week.

**PLAN YOUR MEALS**  
Go through the meal plans, or create your own weekly meal guide (see below for a template)!

**MAKE YOUR LISTS**  
Create your grocery lists and make it detailed based on days or meals!

**DO YOUR SHOPPING**  
Figure out how much of everything you'll need, and head to the store!

## WHAT YOU'LL NEED & TOOLS THAT HELP

**Storage Containers**  
(I like glass ones)

- BPA Free
- Freezer Safe
- Dishwasher Safe
- Microwavable
- Stackable
- Reusable

Mason jars are also great for storage!

An Instant Pot and a Slow Cooker will become your best friends!



### OTHER

Aside from specific meals, I like to prep hard boiled eggs, sheet trays of roasted veggies, shredded chicken, energy bites, & cut up veggies to have on hand for the week!

## WEEKLY MEAL PLAN

WEEK OF \_\_\_\_\_

### WHAT'S ON THE MENU

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### GROCERY LISTS

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### MEAL PREP

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### BREAKFAST IDEAS

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### LUNCH IDEAS

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# MEAL PLANS & RECIPES

Use these meal plans for inspiration, or use this more strictly to plan your weekly meals! This is a dinner guide because everyone's breakfast/lunch situations are quite different, but I will give you a list of breakfast and lunch ideas for those wanting that! You can switch up the recipes within the various weeks, too. I created these meal plans to give you variation, delicious recipes, and above all, recipes that will help you achieve your goals! You may often have leftovers that can be used for lunches, too!

## BREAKFAST

- Chia Pudding
- Egg Muffin Cups
- Tex Mex Egg Cups
- Overnight Oats
- Coffee Vanilla Smoothie
- Acai Bowl
- Sweet Potato Frittata
- Island Blast Green Smoothie
- Breakfast Cookies
- Chorizo Breakfast Bowls
- Granola
- Paleo Pancakes
- Breakfast Fajitas
- 3 Ingredient Breakfast Skillet
- Sweet Potato Bun Egg
- Sandwiches
- Green Smoothie
- PB, Banana Oatmeal Bake
- Oatmeal
- Banana Oat Muffins
- Pumpkin Waffles
- Raspberry Oat Bars
- Pizza Scramble
- Breakfast Fried Rice

## LUNCHES/ DINNERS

- Buffalo Chicken Burger
- Mini Meatloaves
- Tuna Melts
- Loaded Egg Salad
- Chicken Caesar Burgers
- Healthy Broccoli Soup
- Tomato Soup
- Mediterranean Tuna Salad
- Sausage, Peppers, & Onions
- Mediterranean Bowls
- Apple Dill Chicken Salad
- Loaded Chicken Salad
- Buffalo Chicken Sweet Potato Boats
- Mason Jar Thai Chopped Chicken Salad
- Sloppy Joe's
- Eggplant Rollatini
- Lettuce Wraps
- Paleo Tuna Cakes
- Tomato Cucumber Salad
- Smoky Chicken Salad
- Salsa Chicken
- Easy Taco Salad
- Best Taco Meat
- IP Mac & Cheese
- Baked Ziti
- Maple Dijon Chicken
- BLT Pasta Salad
- Black Bean Soup
- 3 Bean Salad
- Tuna Casserole
- Spicy Shrimp & Citrus Salad
- Spaghetti Carbonara
- General Tsos Chicken
- Baked Potato Soup
- Thai Chicken Wraps
- Turkey Chili
- Chili Maple Salmon
- Korean Group Beef Bowls
- Sweet Potato Chili
- Turkey Meatballs
- Curry Butternut Squash Noodles
- Lentil Soup
- Sheet Pan Steak Fajitas
- Butter Chicken
- Lasagna Soup
- French Onion Chicken Bake

## SNACKS

- Mint Chip Energy Bites
- Trail Mix Granola Bars
- Egg Muffin Cups
- Spring Rolls
- Avocado Boats
- Breakfast Cookies
- Almond Butter
- Salad Roll-Ups
- Thai Meatballs
- Buffalo Chicken Bites
- Mixed Nuts
- Homemade Trail Mix
- RX Bars
- Apple with Nut Butter
- Celery with Nut Butter
- Loaded Chicken Salad
- Granola
- Healthy Rice Pudding
- Aji Salsa
- Pop Tarts
- Guacamole
- Banana Bread
- 5 Ingredient Fudge
- PB & J Bites
- Winter Fruit Salad

## OR USE THE COOKBOOK FOR INSPIRATION!

- Kale Caesar Salad
- Shredded Brussels Sprout Salad
- Greek Lemon Chicken Soup
- Mexican Meatballs
- Kitchen Sink Frittata
- Buttery Drop Biscuits
- Chicken Nuggets
- Classic Home Fries
- Best Fried Rice
- Chimichurri Shrimp
- Beef and Broccoli
- Thai BBQ Salmon
- Nanny's Potted Chicken
- One-Pan Arroz Con Pollo
- Jerk Chicken
- Asian Summer Slaw



# WEEK 1

Recipe names are clickable!



**MONDAY**  
One-Pan Shrimp  
and Green Beans  
in Chinese Garlic  
Sauce

**TUESDAY**  
Thai Meatballs  
(make extra for  
lunch)

**WEDNESDAY**  
Caribbean Pulled  
Chicken Lettuce  
Wraps

**THURSDAY**  
Greek Cauliflower  
Rice Pilaf Bowls

**FRIDAY**  
Copycat Chipotle  
Chicken Burrito  
Bowls

**SATURDAY**  
Deconstructed  
Chicken Pot Pie

**SUNDAY**  
Fork Tender  
Balsamic  
Mustard Pork  
Chops

MAKE A SWAP FROM THE COOKBOOK!  
TRY THE:

Thai BBQ Salmon (page 188)

BBQ Chicken Pizza (page 176)

Eggplant Parmesan (page 216)

Sesame Seared Ahi Tuna Salad (page 150)

Creamy Spaghetti Squash Boats (page 174)



# WEEK 1

# GROCERY LIST

## PRODUCE

1 pound green beans  
2 garlic bulbs  
1 Ginger knob  
4 Carrots  
Celery  
Scallions  
Mushrooms  
2 Yellow Potatoes  
2 Bell Pepper  
2 Onions  
1 Yellow Onion  
2 Red onions  
2 Jalapenos  
4 limes  
2 Lemons  
3 tomatoes  
Cilantro  
3 mangos  
Head of butter lettuce or lettuce leaves of choice  
Avocado  
1 small to medium head cauliflower  
1 12-ounce bag cauliflower rice, or one head cauliflower  
Grape leaves  
Cherry tomatoes  
Frozen peas  
Flat-leaf parsley, for garnish (optional)

## MEAT, POULTRY, SEAFOOD, & DAIRY

3/4 pound shrimp  
1 lb. organic ground turkey or chicken  
1 1/2 pounds boneless and skinless chicken  
A rotisserie chicken  
1 pound boneless pork chops  
Feta Cheese Crumbs, optional  
Grass-fed butter  
Salted butter

Organic eggs  
1 bag shredded cheese

## PANTRY ITEMS YOU MAY HAVE

Extra Virgin Olive Oil  
Avocado Oil  
Sea Salt  
Pink sea salt  
Ground black pepper  
Coconut aminos  
Seasoned rice vinegar  
Sesame oil  
Sriracha  
Arrowroot  
Chili paste  
Chili powder  
Cayenne Pepper  
Fish Sauce  
Red pepper flakes, optional for garnish  
Cumin  
Ground Ginger  
All spice  
Paprika  
Thyme  
Oregano  
Garlic Powder  
Onion Powder  
Bay Leaf  
Coconut Sugar  
Raw pumpkin seeds  
Tapioca flour  
Blanched almond flour  
Coconut flour  
Baking Powder

## CANNED GOODS

1 Sun-dried tomatoes packed in oil  
1 can whole peeled plum tomatoes  
3- 14.5oz can diced tomatoes in juice  
1 – 15 oz can stewed tomatoes  
6 oz can tomato paste  
1 jar capers  
14-ounce can full-fat coconut milk  
2 cartons organic chicken or vegetable broth

## OTHER

Diced canned tomatoes  
3 cartons Chicken broth  
Tomato paste  
Marinated Green Olives  
Chopped dried fig or other dried fruit, optional  
Mayonnaise  
Mustard of choice  
Unsweetened Applesauce  
Balsamic vinegar



# WEEK 2

Recipe names are clickable!

**MONDAY**  
Egg Roll  
Bowls

**TUESDAY**  
Cauliflower  
Parmesan

**WEDNESDAY**  
Slow Cooker Thai  
Curry Chicken

**THURSDAY**  
Sausage and  
Spring Veggie  
Pasta

**FRIDAY**  
Maple Glazed  
Salmon

**SATURDAY**  
Chicken Fajita  
Salad

**SUNDAY**  
Paleo Mongolian  
Beef or Beef  
Barbacoa



**MAKE A SWAP FROM THE COOKBOOK!**  
TRY THE:  
Strawberry Date Salad (page 148)  
Creamy Cajun Chicken Pasta (page 178)  
Classic Chicken Nuggets (page 158)  
Pasta with Meat Sauce (page 210)  
Fish Tacos (page 190)



# WEEK 2

# GROCERY LIST

## PRODUCE

3 Yellow Onions  
2 garlic bulbs  
Ginger knob  
Napa Cabbage  
Green Cabbage  
Baby Bok Choy  
4 Carrots  
Shiitake mushrooms  
Scallions  
2 small cauliflower heads  
Fresh Basil  
2 limes  
Cilantro  
Broccoli florets (enough for 3 cups)  
Fresh Spinach (enough for 2 cups)  
1 Bunch Asparagus  
2 large Green Pepper  
3 Red Peppers  
Lettuce of choice (enough for 4 cups)  
1 Avocado  
1 bunch Green Onion  
2 medjool dates

## MEAT, SEAFOOD, AND DAIRY

7 ounces ground pork  
1 1/2 pound boneless chicken  
breasts  
1 lb. organic chicken breasts  
3 raw spicy chicken sausage links  
1 lb. wild salmon  
1 pound flank steak  
Organic eggs  
Mozzarella cheese  
2 to 4 tablespoons fresh parmesan  
cheese, optional  
Butter

## PANTRY ITEMS YOU MAY HAVE

Extra Virgin Olive Oil  
Coconut Aminos  
Toasted Sesame Oil  
Fine Sea Salt  
Almond Flour  
Tapioca Flour  
Italian Seasoning  
Garlic granules  
Red Pepper Flakes  
Fish Sauce  
Sesame Oil  
Coconut palm sugar  
Curry Powder  
Chili Powder  
Paprika  
Garlic Powder  
Cayenne  
Coconut Sugar  
Himalayan sea salt  
Extra Virgin Olive Oil  
Fine Sea Salt  
Cracked Black Pepper  
Coconut Aminos  
White Sesame Seed

## CANNED GOODS

1 carton organic chicken broth  
Marinara Sauce  
1 14-ounce can full-fat coconut milk  
Beef Broth

## OTHER

Chinese rice wine or dry sherry  
1 package gluten free pasta  
Pure Maple Syrup  
Your favorite salsa for dressing



# WEEK 3

Recipe names are clickable!

**MONDAY**  
Green Coconut  
Curry Ramen

**TUESDAY**  
Loaded Taco  
Skillet

**WEDNESDAY**  
Moroccan Chicken  
Burgers

**THURSDAY**  
Pasta Primavera  
Recipe

**FRIDAY**  
Cauliflower  
Pizza Bites

**SATURDAY**  
Steak Cobb Salad  
with Cilantro  
Vinaigrette

**SUNDAY**  
Sausage,  
Peppers, and  
Onions



MAKE A SWAP FROM THE COOKBOOK!  
TRY THE:  
Pad Thai (page 214)  
Arroz Con Pollo (page 180)  
Jerk Chicken (page 168)  
Better Than Takeout Fried Rice (page 240)  
Chimmichurri Shrimp (page 194)



# WEEK 3

# GROCERY LIST

## PRODUCE

Ginger knob  
2 garlic  
Leeks  
2 Shallots  
2 Portobello mushrooms  
2 Red Pepper  
3 Green Bell Peppers  
1 Yellow Pepper  
1 Lime  
2 Lemon  
Scallions  
Baby Bok Choy  
Bean Sprouts  
Snow Peas  
4 Carrots  
1 Zucchini  
4 Large Onions  
2 Avocado  
1 Tomato  
2 Red Onion  
Lettuce  
1 Spaghetti Squash  
Spinach (enough for 2 cups)  
Grape Tomatoes  
4 Asparagus  
1 head of Broccoli  
1 head of Cauliflower  
Romaine Lettuce  
Cherry Tomatoes  
Fresh Organic Spinach  
Dill  
Fresh Mint  
Cilantro  
Poblano pepper, optional

## MEAT, SEAFOOD, AND DAIRY

1 pound ground turkey  
1 pound ground chicken  
1 lb. organic boneless chicken breast  
10 shrimp  
Bacon  
1 pound steak of choice  
4 organic chicken sausage  
Organic Eggs  
Mozzarella cheese  
Shredded Cheddar Cheese, optional  
Parmesan cheese, optional  
blue cheese or feta cheese, optional

## PANTRY ITEMS

Sesame Oil  
Avocado Oil  
Extra Virgin Olive Oil  
Apple Cider Vinegar  
Honey  
Green Curry Paste  
Almond Flour  
Coconut Flour  
Chili Sauce  
Salt  
Fine Sea Salt  
Black Pepper  
White Pepper  
Cinnamon  
Curry Powder  
Chili Powder  
Garlic Powder  
Red Pepper Flakes  
Cumin  
Paprika  
Italian Seasoning  
Garlic Granules  
Fish Sauce  
Sriracha  
Hot sauce, optional

## CANNED GOODS

1 carton Vegetable Broth  
1 carton Chicken Broth  
1 - 14.5 ounce can coconut milk  
1 - 14.5 ounce can crushed tomatoes  
1 - 15 oz can organic diced tomatoes  
1 - 5 ounce can green chiles  
1 - 14.5 ounce can black beans  
Sun-dried tomatoes

## OTHER

1 package thin rice noodles of choice  
Mayonnaise made with avocado or olive oil  
Dijon Mustard  
Pizza Sauce  
12 pieces pepperoni, optional (or other pizza toppings of choice)  
Pickled jalapeños  
1 jalapeno  
1 red pepper





# WEEK 4

Recipe names are clickable!



**MONDAY**  
Gluten-Free  
Chicken Piccata

**TUESDAY**  
Grilled Salmon  
and Shrimp  
Scampi

**WEDNESDAY**  
Greek Veggie  
Bowls

**THURSDAY**  
Sriracha Lime  
Chicken Salad

**FRIDAY**  
Eggplant  
Rollatini

**SATURDAY**  
Bruschetta  
Chicken

**SUNDAY**  
Spicy Shrimp and  
Sweet Potato  
Boats

MAKE A SWAP FROM THE COOKBOOK!  
TRY THE:

- Chopped BBQ Chicken Salad (page 146)
- Mediterranean Grilled Lamb Kebobs (page 200)
- Nanny's Potted Chicken (page 160)
- New England Lobster Rolls (page 196)
- Dry Rub Wings (page 104)



# WEEK 4

# GROCERY LIST

## PRODUCE:

2 Onions  
3 Red Onions  
1 Garlic bulb  
1 package Cherry Tomatoes  
2 packages Grape Tomatoes  
4 Tomatoes  
Baby Spinach  
1 Red Bell Pepper  
1 Green Bell Pepper  
2 Eggplants  
2 Avocados  
1 Zucchini  
2 Large Sweet Potatoes  
1 head of Lettuce  
1 head of Cauliflower  
1 bunch fresh dill  
1 bunch fresh cilantro  
1 bunch fresh parsley  
Fresh basil  
1 Pineapple  
4 Limes  
6 Lemons

## MEAT, SEAFOOD, AND DAIRY:

1 1/2 pounds boneless skinless chicken breasts  
1 pound wild salmon filet  
1/2 pound uncooked medium shrimp  
1 lb. shrimp, detailed and devined  
2 organic Chicken Breasts  
1 pound boneless chicken breasts  
Butter  
Ricotta Cheese  
Shredded Mozzarella Cheese  
Crumbled Feta Cheese, optional

## PANTRY ITEMS YOU MAY ALREADY HAVE:

Arrowroot Flour  
Fine Pink Sea Salt  
Fine Sea Salt  
Black Pepper  
Red Pepper Flakes  
Avocado Oil  
Extra Virgin Olive Oil  
Sriracha  
Apple Cider Vinegar  
Balsamic Vinegar  
Raw Honey  
Italian Seasoning  
Garlic granules  
Chili Powder  
Ground Cumin  
Paprika  
Cayenne Pepper, optional

## CANNED GOODS

2 cartons of Chicken Broth  
Capers  
Marinara Sauce  
Full Fat Coconut Milk

## OTHER:

8 oz gluten-free linguine or fettucine pasta  
Hummus



# WEEK 5

Recipe names are clickable!



**MONDAY**  
IP Chicken &  
Broccoli

**TUESDAY**  
Mediterranean  
Bowls

**WEDNESDAY**  
Spicy Shrimp &  
Citrus Salad

**THURSDAY**  
Chicken  
Parmesan

**FRIDAY**  
No Bean  
Falafel

**SATURDAY**  
Easy Curry  
Shrimp

**SUNDAY**  
Lemon Garlic  
Chicken &  
Rice Skillet

MAKE A SWAP FROM THE COOKBOOK!  
TRY THE:

- Creamy Chicken Bacon Spag. Squash Boats (page 174)
- All-American Burgers (page 198)
- Chicken Enchiladas (page 164)
- Scallops Provençal (page 192)
- Grilled Steak (page 212)



# WEEK 5

# GROCERY LIST

## PRODUCE:

Ginger knob  
2 Garlic bulbs  
4 Red Onions  
5 Onions  
Scallions  
3 Carrots  
2 Medium Beets  
1 Red Bell Pepper, optional  
Broccoli Florets  
1 head of Cauliflower  
1 Cucumber  
1 English Cucumber  
1 head of Iceburg Lettuce  
1 head of Butter Lettuce  
2 packages Cherry Tomatoes  
Hot Red Chili  
5 Lemons  
2 Grapefruit  
1 Orange  
1 Blood Orange  
1 Lime  
Fresh Mint  
Fresh Parsley  
Fresh Basil  
Fresh Cilantro  
Fresh Dill

## MEAT, SEAFOOD, AND DAIRY:

3 pounds boneless skinless chicken breasts  
15-20 shrimp, peeled and deveined  
1 1/2 pounds raw shrimp, deveined and peeled  
1 block of Feta Cheese  
Mozzarella Cheese  
Pepperoncino  
Eggs  
Grass-fed Butter

## PANTRY ITEMS YOU MAY ALREADY HAVE:

Coconut aminos  
Sesame oil  
Extra Virgin Olive Oil  
Avocado Oil  
Fish sauce  
Fine Sea Salt  
Black Pepper  
Sesame seeds  
Za'tar spice blend  
Red Pepper Flakes  
Italian Seasoning  
Chili Powder  
Paprika  
Garlic Granules  
Cayenne Powder  
Garlic Powder  
Cumin  
Curry Powder  
Cinnamon  
Turmeric  
Ground Coriander  
Apple Cider Vinegar  
Sriracha  
Honey  
Tapioca flour  
Almond Flour  
Ground Flaxseed  
Chia Seeds

## CANNED GOODS

2 cartons Chicken Broth  
1 can Chickpeas  
1 jar Marinara Sauce  
Coconut Cream  
1 - 14.5-ounce can light coconut milk

## OTHER:

White Rice  
Dijon Mustard  
Marinated Red Peppers  
Marinated Artichokes  
Optional: Garnish with chopped scallions  
Optional: unsweetened shredded coconut  
Optional: pico de gallo  
Optional: mango chia jam  
Optional: tortillas



# BONUS

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# MINI

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# CHALLENGES

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## CHALLENGE 1

Drink 1/2 of your body weight in water daily.

## CHALLENGE 2

Commit to exercising 2-3 days a week. This could just be a walk around the neighborhood if exercise is hard for you!

## CHALLENGE 3

Do something for you this week! Maybe that's one night of not cooking, a massage, a date night, shopping, Spring cleaning, decluttering, a nice bath, etc.

## CHALLENGE 4

Work on eliminating toxins from your home! Think cleaning products, self-care products, etc. Also consider getting rid of items that no longer serve you!

## CHALLENGE 5

Combine it all!

- Drink more water.
- Get moving.
- Make some YOU time.
- Detox your home.

**Bonus: Make an effort to do something nice for someone else once a week!**

Maybe that's calling a friend to say hello, cooking for a neighbor who's sick, volunteering, etc.



# ASIDE FROM FOOD...

Aside from how you are eating, there are other factors that will help make this month your best yet, and create habits and routines to keep you going afterwards! As I mentioned in the beginning of this guide, there are some things in life that we may not have control over, like disease and other issues. We can, however, control our lifestyle choices! These pillars below are critical to a healthy foundation aside from how we are eating.

## SLEEP

A good night sleep is critical. Too often we sit looking at computer screens or watching TV, or do all sorts of other stimulating activities (like drink coffee late in the day), before we go to bed; these activities tell our brains it's not bed time, and often many of us don't get adequate sleep as a result. It's time to make it a priority. You will see major benefits in your energy and outlook when your sleep improves, not to mention increasing your odds for good long-term health.

## EXERCISE

Exercise is an important pillar of a healthy lifestyle, but it can also be abused. Balance is important here. Often over exercising or not eating right or enough for how much you are exercising can lead to adrenal fatigue amongst other things. Your body needs rest, and it's critical to be mindful of when it does. Everybody is also different, so what works for someone might not work for you, or what someone loves to do might not be for you. With that said, exercise releases endorphins, it improves mood and mental health, strengthens bones and muscles, helps prevent disease, and so much more. Find exercise that you can enjoy, whether that is going on walks with your dog or your family, weight lifting, yoga, cardio, or whatever you take a liking to.

## STRESS & MINDSET

It's not a secret that stress can impact our lives in so many ways. Stress can cause an unbelievable amount of issues for us. I believe wholeheartedly that managing stress and living a more stress-free life will benefit you. Now, stress is going to affect us. It's life. It's not always easy, and stress will come and go, often related to events and situations that are out of our control. What we can control is how we manage stress, and the best way to do that is to develop coping mechanisms that work for you individually. Often it's a matter of finding a balance in life, making sure to fit in time for restorative activities. One of my 2018 goals is to work on my meditation practice. Maybe for you it's meditation, maybe it's have a morning routine, or maybe it's taking an hour for you each night!



DO YOUR  
BEST. DON'T  
COMPARE  
YOURSELF  
TO OTHERS.  
THIS IS YOUR  
JOURNEY TO  
FEELING  
YOUR BEST.

YOU NEED  
TO LISTEN  
TO YOUR  
BODY AND  
KNOW  
WHAT  
WORKS  
FOR YOU.

### **It Doesn't Have To Be All Or**

**Nothing:** Don't make yourself crazy by diving into everything RIGHT AWAY. Cut out a few things and take a week or so to ease into it. Make this work for your lifestyle and use it as a template, don't try to fit yourself into a mold right away that might make you nuts!

**Meal Prep & Meal Plan:** Meal planning and prep is key. It may take a little extra effort, but it's well worth it. It's not that you can't find healthy, paleo-friendly options while out, but it's definitely harder to find snacks, lunches, and small bites. I find when I let myself get starving and have nothing planned, I lose sight of my intentions, goals, and wants and crave junk! Having food prepped for a few days out is a great way to stay on track. Leftovers, leftovers, leftovers! I always have an RXBAR or Energy Balls on hand as "emergency food," but I find when I prep and plan ahead, I don't feel the desire to snack! Take one day to think about what you want to make for the week, do your shopping, then spend a few hours cooking and prepping!

**Keep a Food Journal:** Whether you're changing your diet for health concerns or you just want to eat healthier and have more energy, keeping a little log is always a good idea. Note which foods make you thrive and give you energy, and which foods upset your stomach, which make you feel tired, etc. It is always a good way to track how you're feeling, your progress, and so on!

**Transition Your Pantry:** If it's in the house, you may be more inclined to eat it, so make it easier for yourself and get rid of the food items that won't make you feel amazing! Use the pantry guide above stock your house with ingredients that will make your life easier!

**Learn to Read Labels:** My rule of thumb is, if you can't read half of the ingredients, or it has a ton of unnecessary ingredients, don't buy it! Learning to read labels and becoming accustomed to knowing what is in your food IS SO IMPORTANT. You'll often find tons of unnecessary added sugars, chemicals, etc. in many items. The best part is, now that clean eating has become more mainstream, you can find good quality versions of so many of your staples!

**Eating Out Doesn't Have To Be Stressful:** I often get asked, "what about eating out?" It really, really doesn't have to be stressful! Stick to your basics: fish, meat, veggies, and so on. Restaurants are so accommodating these

days, and you can totally go out and enjoy yourself without feeling deprived. Remember: balance is important and for me it is a huge part of having success with changing your diet, no matter how you are changing it. You have to live a little and not drive yourself crazy! I had to be really strict at one point when healing my gut, and now that I have more freedom and flexibility, I can run with it. Do what works for YOU!

### **Shop Smart! You Don't Have to Spend**

**a Fortune:** You don't have to spend a fortune to clean up your pantry/fridge/lifestyle! You can shop in bulk for good deals on nuts, nut flours, avocado oil mayo, good quality dressings, and other pantry items. There are great meat delivery services that deliver grass-fed meat to your door at great prices, and definitely grocery stores that have good deals all the time! Stores like Costco and BJ's have more and more items now, too! Do a little digging and you can definitely save!

**Eat Healthy Fats:** I often get asked about snacking and how to feel full longer. I really find that when I fill up on healthy fats like avocado, good quality olive oil, eggs, etc. that I don't feel the need to snack all the time and am filled up throughout the day!

**Drink More Water:** Don't forget to drink enough water each day. Something I like to do is start my day off with a glass of warm water and lemon, drink water throughout the day, and end my day with a hot cup of tea.

**Don't Worry About Being Perfect:** I can't stress this enough. Do YOUR best. Don't compare yourself to others. This is YOUR journey to feeling your best. You need to listen to your body and know what works for you. Don't listen when people say you need to be perfect and omit every single thing from your diet to be "paleo". Use it as a template to work for your lifestyle, rather than a strict diet! Not going to give up cream in your coffee? Not willing to give up the occasional glass of wine? That's FINE, in my opinion. Know your goals, listen to your body, and make choices that will make you feel amazing and thrive, without driving yourself totally crazy. You will feel great and it will become second nature to nourish your body with real food to optimize your mind, body, and spirit!





# EXCLUSIVE DEALS

*Click on links to be taken to the websites!*

## **BUTCHERBOX**

\$15 off & FREE Bacon

**Link:** [Butcherbox.com/lexiscleankitchen](https://Butcherbox.com/lexiscleankitchen)

Always available to you!

## **BEAUTYCOUNTER**

FREE Gift from me with \$125 Purchase!

**Link:** [Beautycounter.com/alexiskornblum](https://Beautycounter.com/alexiskornblum)

Forward order receipt to [beauty@lexiscleankitchen.com](mailto:beauty@lexiscleankitchen.com). Order is \$125 before shipping/taxes.

Always available to you!

## **PRIMALLY PURE**

10% off your purchase

Enter code LEXI at checkout.

**Link:** <http://bit.ly/2KS4p4M>

Always available to you!

## **BRANCH BASICS**

15% off your purchase

Enter code LEXI15 at checkout.

**GRAB YOUR STARTER SET HERE.**

Always available to you!



# LET'S CONNECT

I hope this was helpful to not only get a full month of meal plans, but to see my pantry staples, other tips and tricks, and to see how lifestyle ties into your food choices as well. I have seen people have amazing success following this way of eating, and can promise you it's realistic and do-able. It might take getting family on board, but you're making small changes for a healthier lifestyle!

## SHARE WHAT YOU'RE MAKING!

Be sure to tag [@lexiscleankitchen](#) on Instagram or Facebook so I see what you're making and loving and can re-share! You can also share in our [private Facebook group](#) and get to know our amazing community!

**"WHEN YOU DENY THE STORY, IT OWNS YOU. WHEN YOU OWN THE STORY, YOU GET TO WRITE THE ENDING!"**



## [GRAB THE COOKBOOK!](#)

Join the [Private Facebook Community Group](#)

