

CLEAN EATING FOOD SWAPS

To help
you get
lean and
toned

- ✓ Eat clean. Train dirty.
- ✓ Abs are made in the kitchen.
- ✓ Eat clean, train mean, get lean.
- ✓ You can't out-exercise a bad diet.
- ✓ There is no diet that will do what eating healthily does.
- ✓ Clean and whole are the bedrocks of good nutrition.
- ✓ Weight loss and toning is 80 percent about what you put in your mouth.

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I'm sure many of you have read, seen or heard someone talking about eating clean. But what is clean eating?

Clean eating is about going back to the basics. It's about choosing to eat wholesome, healthy food in its most natural state. It's food that is whole, unprocessed and without chemicals and artificial ingredients (commonly referred to as wholefoods). Food that your great-grandmother would recognise.

A tomato, for example, is a whole food, while ketchup or tomato sauce is not. A corn kernel is a wholefood, while cornflakes aren't. An orange is a whole food, and not processed orange juice or some orange 'vitamin water' drink.

It's not a particular diet. It's not calorie restriction or deprivation. It's not about meal frequency and it's not about obsessing about 100% strict adherence to some mythical clean eating ideals. It's about common-sense choices to eat wholesome, fresh, calorie dense, nutritionally healthy food.

“Real food doesn't have a label”

Here's some ideas for ingredient swaps to help you eat clean:

SWAP THIS

FOR THIS



White rice



Brown rice, quinoa, basmati rice or brown rice vermicelli



Potatoes



Sweet potatoes



Paratha



Tandoori roti



Yoghurt or sour cream



Greek yoghurt



Coffee or a regular latte



Tea or at worst a small skinny cappuccino



White flour



Black bean puree, almond flour



Breadcrumbs



Rolled oats



Mayonnaise



Avocado



Fruit juices or soda or sweetened drinks



Water or infused water

Here's some ideas for ingredient swaps to help you eat clean:

SWAP THIS

FOR THIS



Pasta



Spaghetti squash
or wholemeal pasta



Butter



Sesame oil or
coconut oil



Condiments



Spice



Coconut milk
or cream



Low fat milk



Peanut oil,
duck oil, ghee oil,
vegetable oil,



Olive oil



Sweets and
sweet snacks



Fresh fruit, frozen
grapes, vegetables,
yoghurt, rice cakes



Vanilla ice-cream



Protein ice-cream



White bread



Rye bread



Milk chocolate



Nuts and seeds,
dark chocolate



Your health is something that is priceless. You can't buy it and you can't give anything in exchange for it. And it starts with clean eating.

It is one of the foundations for losing weight, getting lean and toned, looking fantastic, feeling great, and optimizing your health. No one ever regretted eating well so good luck on your journey.

We hope that Active8me can be part of that journey and help you...

Exercise. Nourish. Think. Transform.

“Don't eat anything your great-grandmother wouldn't recognize as food” MICHAEL POLLAN

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