

Clean Eating Survival Challenge for New Moms

Food list

Choose some foods that you like/can handle eating from each of the categories.

Veggies – anything goes!

Some ideas:

- kale
- spinach
- Brussels sprouts
- broccoli
- asparagus
- beets
- tomatoes
- squash summer
- winter squash
- string beans
- peppers sweet
- carrots
- cauliflower
- eggplant
- jicama
- snow peas
- cabbage
- cucumbers
- celery
- lettuce
- mushrooms
- onions chopped
- sprouts

Fruits – anything goes!

Some ideas:

- raspberries
- blueberries
- blackberries
- strawberries
- watermelon
- cantaloupe
- oranges
- apple small
- apricots
- grapefruit
- cherries
- grapes
- kiwi
- mango

- peach
- nectarine
- pear
- pineapple
- banana
- figs
- honeydew

Protein

- boneless skinless chicken or turkey breast
- lean ground chicken or turkey (93% lean)
- fish fresh water (catfish, tilapia, trout)
- Game-lean ground (95% lean)
- Eggs and/or egg whites
- Greek yogurt, plain 1%
- yogurt, plain, 2%
- shellfish (shrimp, crab, lobster)
- clams, canned
- red meat, extra lean
- lean ground red meat (95%)
- shakeology
- pork tenderloin
- tuna, canned in water
- turkey slices, low sodium, fat free
- ham slices, low sodium
- ricotta cheese, light
- cottage cheese, 1% or 2%
- protein powder (whey, hemp, rice, pea, oat)
- veggie burgers
- turkey bacon (reduced fat)



Cake & Greens
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Carbs (some are veggies, but they're made up mostly of carbs!)

- sweet potatoes
- quinoa
- beans (kidney, black, garbanzo, etc)
- lentils
- edamame, shelled
- peas
- brown rice
- wild rice
- potato
- corn on the cob
- millet
- barley
- bulgur
- oatmeal
- pasta, whole grain
- couscous, whole wheat

Healthy fats (in moderation)

- avocado
- raw almonds
- raw cashews
- peanuts
- pistachios
- pecans raw
- walnuts raw
- hummus
- coconut milk, canned
- feta cheese
- goat cheese
- mozzarella low sodium
- cheddar
- provolone
- Monterey jack
- parmesan (fresh, not canned)
- pumpkin seeds raw
- sunflower seeds raw
- sesame seeds raw
- flaxseed ground
- olives
- peanuts
- coconut unsweetened shredded
- homemade oil and vinegar based dressings

- extra-virgin olive oil
- extra-virgin coconut oil
- flaxseed oil
- walnut oil
- pumpkin seed oil
- nut butters (peanut, almond, cashew, etc.)
- seed butters (pumpkin, sunflower, sesame, tahini)

Treats

- Dark Chocolate – aim for 75% cacao. 85% is better. Max of 1 piece/day
- Wine – whatever you want, but only one 4oz glass one of the 5 days, so choose your day!

