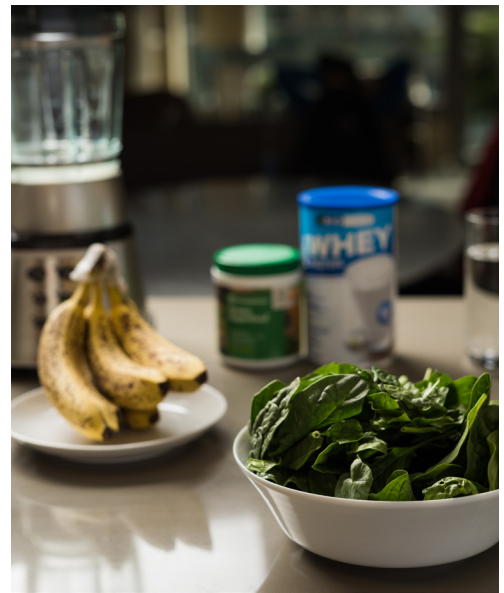
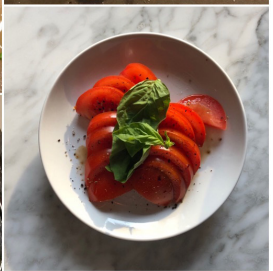
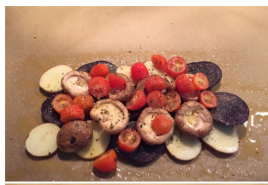


# Guide to Eating Clean and Getting Lean

Includes 20 of JJ's Most Popular Recipes and Meal Prep Ideas







jonathanjordanfitness

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# Guide to Eating Clean for Getting Lean

## INTRODUCTION

In this guide, I'll provide you with a framework and tools for eating to your body composition goals that will still allow you to enjoy your life. My coaching methods have helped hundreds of clients reduce their body fat, get strong and become healthier and more energetic. Ditch the diets and learn a practical and effective way to approach eating for safe, long-term results.

## ABOUT JJ

As a [Personal Trainer](#) and [Group Fitness Instructor](#) in San Francisco, I've helped hundreds of busy professionals achieve healthy and sustainable fitness goals. Formerly a partner at a top consulting firm, I understand the physical and mental challenges that my clients experience on a daily basis. [Having struggled for decades](#) to achieve a balanced, healthy approach to nutrition, I completely understand the frustration many of my clients go through. I help them realistically look at their current eating habits and goals to determine incremental, manageable improvements that will have the biggest impact. [My comments and advice](#) have recently appeared in U.S. News & World Report, Shape, Prevention, Oxygen, LiveStrong.com, Law.com, American Council on Exercise Certified News, Delicious Living and the Fitbit Blog to name a few.





# Guide to Eating Clean for Getting Lean

## WHAT IS “FLEXIBLE DIETING”?

Nutrition is both simple and complex. It's simple in that if we want to lose weight, we need to burn more calories than we eat (and vice versa if we want to bulk up). But genetic, environmental, lifestyle, psychological and social factors can affect our individual nutritional needs making them more complex. [“Flexible dieting” isn't a diet; it's a nutritional concept](#) where you have a daily calorie and [macronutrient](#) (carbohydrate, protein and fat) target and as long as those specific numbers are achieved, then food selection is left up to your personal preference. Here's the skinny on how it works.

I'll use myself as an example. As a [Precision Nutrition certified coach](#), I know that based on my [body type](#), lifestyle and fitness goals that my daily caloric needs are about 2,800kcal and that ideally those calories would come from 40% carbohydrates (280g), 25% fat (90g) and 30% protein (210g). The method I use for myself and my clients is fairly sophisticated, but there are many decent [online tools](#) that can give you a sense of your own needs. My numbers are a bit higher than the needs of most of my clients as I move and stand all day and am trying to gain muscle. Most folks will require fewer calories and based on their bodies may have a different percentage macro split.

Knowing how many calories I need to stay within/hit in a day and ideally how those calories should be broken down to help me achieve my goals is great. But information without action is useless. So those who practice flexible dieting use tools like [MyFitnessPal](#) to plan and track their food. [Are these tools perfect? No](#), but they can be better than guessing/estimating/eyeballing. [Research suggests that we are bad at estimating our food intake](#) and though not perfect, tools like MyFitnessPal, nutrition labels and online databases can give us helpful info to work with.

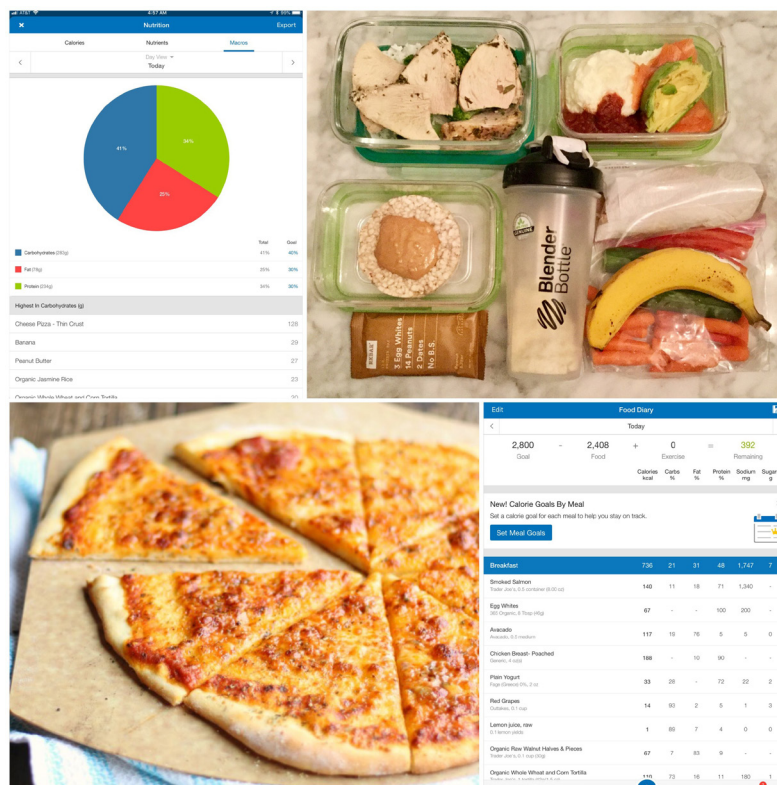
A quick note on “calorie counting,” lots of articles and industry experts say it doesn't work. And they're right. Sort of. It doesn't work for a lot of people, especially if you have a history of disordered eating. So I would never advocate or “prescribe” this method if it goes against your own food ethics. For those who are generally healthy but lacking a true understanding of what they are eating, I think short term food tracking/logging can be a very useful and eye opening experience. It can help us understand our nutritional needs, measure with “some” level of accuracy what we're actually taking in and then make changes to bridge

# Guide to Eating Clean for Getting Lean

## WHAT IS “FLEXIBLE DIETING”? (CONTINUED)

the gap. Once those changes are shown to work (or tweaked if they don't) and become part of our lifestyle, certainly we don't need to meticulously measure/track every ounce of food we eat for the rest of our lives. There are other strategies [like these](#) or simply using a [meal delivery service](#) that might better suit you.

The appeal of flexible dieting is that it allows us to include the foods we love into our menus. Here's an example of how it can work. I'm writing this having coffee with my partner Peter and we decided we want to go to [our favorite pizza place](#) for dinner tonight. I have one training client, my own workout and two massage clients today. As usual, I take a few minutes in the morning to prep my food for the day. I went into my FitnessPal and pre-logged four pieces of cheese pizza for my dinner. And then I planned my breakfast, lunch and snacks around that so I hit my kcal and macro targets. MyFitnessPal makes this pretty easy to do. So I know I'm heading into my busy day armed with the food I need to fuel me and with the knowledge that I can enjoy my pizza tonight. I left myself an extra 400 calories for margin of error or if I get a hankering for dessert (it's Saturday night after all).





# Guide to Eating Clean for Getting Lean

## WHAT IS “FLEXIBLE DIETING”? (CONTINUED)

### Example of JJ’s Flexible Dieting Menu

#### Breakfast:

- 4 oz smoked salmon
- 8 tbs egg whites (microwaved for 2m)
- 1/2 medium avocado
- 2 tbs salsa

#### Lunch:

- 8 oz roast turkey (from Whole Foods prepared foods case)
- 1/2 cup frozen Jasmine rice
- 1 cup frozen broccoli

#### Dinner:

- 4 slices of cheese pizza (The pizza place I love is local and I know they use basic ingredients. They aren’t listed in MyFitnessPal like many chains are, so I found the best match “generic cheese pizza slice”).)

#### Snacks:

- [Veggie bag](#)
- Brown rice cake and 1 tbs peanut butter
- Rx Bar
- [Chicken salad](#) in a tortilla
- Banana
- 2 scoops of [protein powder](#) and [BCAAs](#) (to sip on during my workout)

Download MyFitnessPal

# Guide to Eating Clean for Getting Lean

## OPTIMIZING YOUR PRE- AND POST-WORKOUT MEALS

Now, does “Flexible Dieting” mean you can just eat whatever, whenever you want? Not exactly. We still need to get in micronutrients (vegetables, fruits, superfoods) to fuel our bodies with nutrient-dense foods. And we also need to fuel our bodies appropriately for our workouts. So...what should you eat pre- and post-workout?

I get this question a lot. A LOT. I get it from clients. I get it from friends. I even get it from the coolest [fit-tech](#) companies in the world! And it's a GREAT question. How we fuel our bodies affects our performance in the gym, our recovery (and results) from a workout and even the microscopic cells that make us what we are. Food is important. And if you're trying to out exercise a crap diet (or even a “meh” one) you're likely running in place. If what you're doing is working for you and you just want to maintain, cool. Keep doing what you're doing. But if you want to change (lose weight/body fat, gain muscle, get stronger) consider changing you're pre- and post-workout nutrition first.

I'm not a doctor and I don't even play one on TV. I'm a personal trainer with a nutrition certification. This means I've studied a ton of stuff. I've worked with hundreds of people. I've passed a lot of tests. I have personal, professional and academic experience. But I'm NOT a nutritionist or dietician. So I never tell people what they “should” or “have” to eat. I simply direct generally healthy people (those without disorders such as Diabetes, Anorexia, Crohn's, Hypothyroid, etc.) to credible information so they can make their own choices with consultation from their doctors and other healthcare professionals. Capish?

That said, here is how I fuel my body pre- and post-workout. My clients who follow suit (see caveat above) typically respond well physically and mentally. This isn't the ONLY path that works. But it's a solid one worth investigating. I wish I could take credit for it. But the smart folks at Precision Nutrition get all the credit. Definitely take the time to read [Better Version of “My Plate”](#) for a full explanation of the graphics below and more resources including a plan for those on plant-based diets. And read [this piece from the Poliquin Group](#); they know what they're talking about.



# Guide to Eating Clean for Getting Lean

## OPTIMIZING YOUR PRE- AND POST-WORKOUT MEALS (CONTINUED)

### Pre-Workout/Anytime Meal

Some of my “go-to” anytime meals can be found [here](#), [here](#), [here](#), [here](#) and [here](#).



### Anytime Meal

#### All Your Meals Not Directly After a Workout

- Eat slowly and stop eating when you're 80% full.
- Save the starchy carbohydrates for after your exercise.
- Choose mostly whole foods with minimal processing.
- Choose local or organic when possible.
- Use smaller or larger plates based on your body size.

### Post-Workout Meals

Some of my “go-to” post-workout meals can be found [here](#), [here](#), [here](#), [here](#), [here](#) and [here](#).



### Post-Workout Meal

#### Your First Meal After an Intense Workout

- Eat your largest meal of the day after exercise.
- Eat more veggies than fruit with this meal.
- Choose mostly whole foods with minimal processing.
- Choose local or organic when possible.
- Use smaller or larger plates based on your body size.

# Guide to Eating Clean for Getting Lean

## MEAL PREPPING 101: THE EASY WAY TO START EATING BETTER

So you finally accepted that eating out for breakfast, lunch and dinner makes it nearly impossible to reach your fitness and health goals? Bagels and breakfast burritos (or no breakfast at all), quick serve sandwiches and salads near the office and takeout (or worse happy hour treats) are killing your waistline and your wallet? Congrats. Acceptance is the first step. The next step is getting onboard with meal prepping and it doesn't have to be as complicated or laborious as you think.

I absolutely LOVE this piece [“How to Prepare 16 Healthy Meals in 40-Minutes”](#) from the folks at BuiltLean. It's a fantastic guide, complete with shopping lists, photos and recipes that you can customize to your tastes and goals. But for some folks even this is too much to tackle right away. And maybe you don't want to deal with [meal delivery services](#) (especially for breakfast and lunch). No worries. Here's a way to start eating healthier for those of you who just hate cooking.

### Breakfast

Check out how to make the [perfect smoothie](#). I like this because it's easily digestible and the mix of protein, carbs and healthy fats will fuel you without overfilling you and will allow your body to absorb its nutrients.

### Lunch

It's no secret in my house. I hate to cook. Thank the universe for stores like Whole Foods and Trader Joe's. A quick stop to the Whole Foods prepared foods case and the freezer section and I'm set for the week in one shopping trip. See the image below. Get yourself some glass microwave-safe containers with a secure lid that won't leak when you travel to/from work. On your meal prep day (usually Sunday\*) fill your containers for the week with:

- One serving of a frozen “grain or starch” like frozen brown rice, cauliflower “rice”, lentils or quinoa (Yes, you can do fresh if you want - just cook up a big batch and keep it in your fridge for the week).
- Two servings of frozen veggies. Anything goes and there are TONS of great combos in the freezer section. (Yes, you can do fresh if you want to spend the time to chop and prep. But frozen is fine too. Read more on that [here](#).)
- One to two servings of a protein. The folks at Precision Nutrition generally recommend one palm sized portion for women and two for men. The prepared foods case has multiple great options like various grilled chicken breasts, rotisserie chicken, turkey burgers, turkey meatballs, grilled flank steak, salmon fillets, etc. If you buy them on Sunday they will typically last through the week in your fridge and you can also freeze them.



# Guide to Eating Clean for Getting Lean

## MEAL PREPPING 101: THE EASY WAY TO START EATING BETTER (CONTINUED)

### Dinner

Same idea as lunch. Or if you want to spice it up, dinner is most often the meal to use for food delivery services like [Freshly](#). Or you can also use some of [these strategies](#) if you need to eat out.

### Snacks

I typically eat 1-2 snacks each day and try to focus on getting in fresh fruits and veggies, healthy fats and proteins. So things like Greek yogurt, almonds, [veggie bags](#) (all prepped for the week at once on Sundays), cheese sticks, chicken salad, half an avocado and in a pinch a protein bar (I prefer [Rx bars](#)).

\*You can make all your meals for the week at one time on Sundays or you can spend about 5-10 minutes the night before putting your meals/snacks for the next day together (I do this; it saves space in the fridge). The frozen stuff defrosts overnight and I microwave it the next day for 90s-2 minutes. Easy. And better than most of the options around busy offices.



Of course these aren't the only strategies for getting to your goals. But for a lot of folks, this represents a vast improvement over the typical "quick serve" dine out culture. Make it your own and always consult a medical doctor, dietician or nutritionist if you have any food issues, allergies or disorders.

# Guide to Eating Clean for Getting Lean

## FIVE OF THE MOST EFFECTIVE METHODS FOR REDUCING BODY FAT

I get so tired of gimmicky, unsafe and ineffective products promoting unrealistic promises of trim waistlines and washboard ads. The best way to lose body fat is still, assuming a healthy metabolism and the absence of certain medical conditions, to burn more calories than you eat over time (about 500 kcal/day). In my experience a deficit greater than 500 kcal usually doesn't work. Eating too few calories leaves you hungry and can lead to bingeing, may leave you too tired to exercise and in some cases can slow your metabolism making it permanently harder to shed body fat.

While fat loss is generally a function of “calories in, calories out” here are some helpful cardio and nutritional methods for stimulating fat loss. These five methods have helped me and many of my clients over the years get lean and more healthy safely and with minimal kicking and screaming. You can certainly “mix and match” these methods (i.e. doing targeted heart rate cardio while fasted and eating to your macros), but if you are new to all these, I suggest picking one to focus at first. Some of these may not work for your lifestyle at the moment. For instance, if you know you will be traveling a lot this month, it may not be feasible to start the Whole 30 protocol. Or if you simply HATE getting up early, fasted morning cardio may not be your jam. But certainly there is one on this list you can successfully implement.

### Targeted Heart Rate Cardio

In [this post](#) I explore how I use various metabolic tests to develop strategic cardio programs for my clients' body composition goals. Locally I send clients to [DexaFit SF](#) to have these tests done and the results give me several key pieces of information to understand the best way for them to burn body fat. Specifically I look at their RER measurement which tells me whether their body prefers to burn sugars/carbs or existing body fat for fuel. Sometimes due to [stress](#), [poor diet](#), [poor sleep](#), too much high intensity work, hormonal issues and myriad other factors a person's body uses a disproportionately high % of sugars versus fat making it nearly impossible for them to reduce adipose body fat (i.e. get lean). So we fix that by training the body to start using body fat by staying within a target heart rate zone during cardio exercise several times a week for a few weeks or months. It often feels counterproductive because usually the necessary heart rate is lower than the client is used to (i.e. [low intensity cardio](#)) but speaking from personal experience, it works like magic.



# Guide to Eating Clean for Getting Lean

## FIVE OF THE MOST EFFECTIVE METHODS FOR REDUCING BODY FAT (CONTINUED)

### Fasted Cardio

If you're a morning person, getting your cardio in before you eat breakfast (or anytime in a fasted state) can be an effective way to lose some unwanted body fat, especially the last few pounds. [Checkout this post for more details](#). Depending on the results of RMR and AMR it may be most effective for you to do low intensity, high intensity or both.

### Eating to Your Kcal Needs/Macros

Calculating your body's caloric and macronutrient needs and developing a plan and lifestyle to eat to them 80% of the time, in my experience, is the most efficient and logical way to being lean and healthy. Tools like MyFitnessPal make this pretty simple and increasingly accurate. Some folks simply won't do it. That's cool. Live your best life. And some folks, especially those who have a history of eating disorders or overly restrictive dieting, shouldn't if they find it triggering or stressful. See p. 2 of this guide.

### Intermittent Fasting (IF)

[This post](#) gives detailed info on how IF can help train the body to burn body fat, reduce insulin resistance and avoid metabolic conditions like diabetes. It works great for some folks and others turn into angry bitch monsters when they fast for 12-16 hours. Again, not every protocol is for everyone but the evidence increasingly validates this as an effective way to improve body composition for many folks.

### Whole 30

I usually never advocate one "diet" over another. I don't really believe in "diets" because they tend to be temporary and extreme and cut out a macronutrient (like no carbs or no fat) which is silly (usually). I prefer lifestyle change that lasts. HOWEVER, I've had several clients choose the Whole 30 plan and every single one of them has had excellent results. Basically Whole 30 removes all processed foods for 30 days. So for 30 days you eat "real" food (i.e. no added sugars, no alcohol, no grains, no dairy, no legumes, no junk, etc), . What's not awesome about that!?! It can be tough because it requires a lot of shopping and meal prep. So if you like to eat out or travel it can be tough. But those who do it right shed pounds and generally get healthy and lean great new habits. [Check it out](#).

# Guide to Eating Clean for Getting Lean

## HOW CAN I GET MORE PROTEIN?

After reading this guide and determining their caloric and macronutrient needs most of my clients' first realization is that they need to get more protein. Whether you are "[eating to your macros](#)" or not, most of us could benefit from getting more high quality protein into our diets so I've compiled a list of my favorites that include lean meat; eggs; dairy; beans, legumes and nuts; veggies, grains and supplements that are high in protein.

Everyone's daily protein needs are different depending on [body type](#), activity level, body composition goals and other factors. The amount of protein you need at each meal also varies. It's generally accepted that ~20-35g of protein at a time is the most efficient. Unless you are a bodybuilder or really trying to bulk up that'll likely do the trick. And some research indicates that even if you are trying to bulk up that 50g of protein has the same affect as 30g suggesting there is a cap in our bodies' ability to process it for muscle growth. Bottom line, if your daily needs are 100g it would be better to spread that out into ~4 servings of 25g rather than making one monster 100g protein smoothie and taking it in all at once. As always, consult a medical professional before making changes to your diet or lifestyle.

Note, the list below isn't exhaustive or the ONLY sources of quality protein. These are the biggies and ones I personally like and have developed some healthy recipes to share. Talk to your nutritionist and scour the Internet for more if you have special needs and tastes.

### Meat and Eggs

- [Lean chicken breast](#) (grilled, ground or roasted), in general try to avoid cold cuts
- [Lean turkey breast](#) (grilled, ground or roasted), in general try to avoid cold cuts
- Lean pork like tenderloin, loin chops and sirloin (grilled, ground or roasted), in general try to avoid cold cuts
- [Fish](#) like salmon (wild), cod, halibut (in moderation due to mercury), tuna steak (in moderation due to mercury), trout, sardines, mackerel, haddock, flounder (in moderation due to mercury) and perch
- Lean red meat like fillet and sirloin (in moderation about 1-2/week according to [Harvard Medical School](#)), in general try to avoid cold cuts
- [Shrimp](#)
- [Eggs and egg whites](#)

# Guide to Eating Clean for Getting Lean

## HOW CAN I GET MORE PROTEIN? (CONTINUED)

### Dairy

- Greek yogurt (it's the bomb with ~20g of protein); I mix mine with almonds and berries and it's fantastic and I also use it instead of mayo for things like [chicken salad](#)
- Cottage cheese (most have ~30g/cup)
- Milk (most milk [where it's non fat or whole has ~8g of protein](#))
- Cheese: I have cheese as a snack or as a salad topper. I don't consider it a big source of protein, but it's a good way to add some taste, some healthy fat and to get some "incremental" grams of protein. Here are my favorites:
  - Feta crumbles (1/4 cup has ~5g)
  - Baby Bella Rounds from Laughing Cow (1 wheel has ~6g)
  - Mozzarella string cheese (1 stick has ~7g)
  - Shaved parmesan (4 tbs has ~8g)

### Beans, Legumes and Nuts

- Lentils (1 cup has ~40g)
- Chickpeas (1 cup has ~14.5g)
- Black Beans (1 cup has ~15g)
- Peas (1 cup has ~8g so whether they are legume or a vegetable they are good for protein)
- Peanuts: raw (1oz has ~ 7g ) or peanut butter (2tbs has ~ 8g)
- Almonds: raw (1/4 cup has ~8g ) or almond butter (2tbs has ~7g)
- Walnuts: raw (1/4 cup has ~5g)
  - Nuts and nut butters are high in calories and healthy fat so watch your quantities. They don't have lots of protein but they do have some which helps you can some "incremental" grams. Buy organic and with no added sugar/salt.

### Grains

- Quinoa (1/2 cup has ~12g)
- Oats (people are going crazy for "[overnight oats](#)" which has ~10-12g/cup)
- [Ezekiel Bread](#) (people also got nuts for this low carb bread that has ~5g/slice)

# Guide to Eating Clean for Getting Lean

## HOW CAN I GET MORE PROTEIN? (CONTINUED)

### Veggies

The following veggies are “high” in protein compared to other veggies. So they are great choices when looking to add incremental protein.

- Spinach
- Kale
- Broccoli
- Brussel Sprouts
- Sprouts
- Mushrooms
- Artichokes
- Asparagus
- Corn

### Supplements

In general, I try to get my protein for “real” food. But supplementing with protein powders and bars can be a convenient and easy way to get in your daily needs. [Read more about protein powders and supplements here](#). The following are MY favorites and certainly aren’t an exhaustive list. [Here are some great smoothie recipes too](#).

- [BioChem Vanilla Whey Protein](#)
- Pea Protein (like [Vega products](#))
- [BP2](#) (this is a great additive for smoothies if you want the taste of peanut butter without the calories)
- [Rx Bars](#) (these are tasty and made with egg whites and no chemical crap)
- [Square Protein Bars](#) (organic and vegetable-based)
- [Siren Protein Bites](#) (also vegetable-based and a nice treat)





# Guide to Eating Clean for Getting Lean

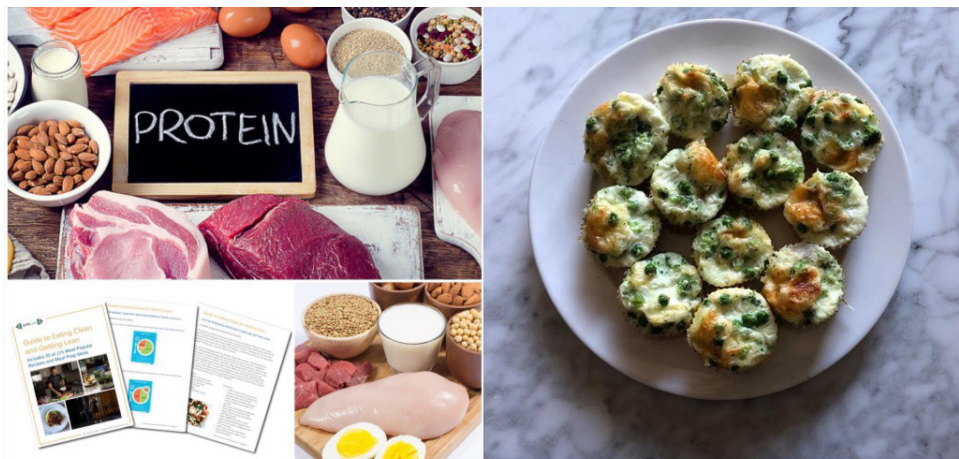
**Q: CAN YOU REALLY HIT YOUR IDEAL PROTEIN GOAL?**

**A: YES! HERE'S HOW.**

Many of my nutrition and training clients find success in [flexible dieting](#). If their goal is fat loss, the most important thing is to maintain a modest calorie deficit over time. But if maintaining or building lean muscle is also a goal, we have to make sure they are hitting their protein target. Sometimes this means aiming for ~175-200g protein in a day on a ~2,400kcal diet which can seem impossible at first. So here is a sample day for how that can be achieved that won't leave you starving and will likely leave you feeling full and satisfied.

Everyone's kcal and macro targets will be slightly different depending on your fitness, activities, goals and body type. I help my clients determine what those should be. I work with a lot of guys in their 30s who are trying to lean out and add a little muscle. So the following is a pretty common kcal/macros goal along with a sample menu and recipes for how to hit it. Also checkout [this post](#) for more ideas on how to get in quality protein.

Daily Target Sample  
kcal = 2,400  
protein = 200g  
carbs = 220g  
fat = 77g



| FOODS  | Calories | Carbs | Fat | Protein | Cholest | Sodium | Sugars | Fiber |
|--|----------|-------|-----|---------|---------|--------|--------|-------|
| <b>Breakfast</b>   |          |       |     |         |         |        |        |       |
| Blueberries - Raw, 1 cup(s)  | 83       | 21g   | 0g  | 1g      | 0mg     | 1mg    | 14g    | 3g    |
| Trader Joes - Just A Handful of Dry Roasted Almonds - Unsalted, 35 g | 210      | 9g    | 16g | 9g      | 0mg     | 0mg    | 0g     | 4g    |
| Fage - 0% Plain Yogurt, 6 oz   | 100      | 7g    | 0g  | 18g     | 10mg    | 65mg   | 7g     | 0g    |
| <b>Lunch</b>   |          |       |     |         |         |        |        |       |
| Fitness Bread - Bread, 1 slice                                       | 120      | 24g   | 1g  | 4g      | 0mg     | 350mg  | 1g     | 6g    |
| Apples - Apples, 0.25 medium apple                                   | 20       | 6g    | 0g  | 0g      | 0mg     | 0mg    | 4g     | 1g    |
| Trader Joe's - Organic Raw Walnut Halves & Pieces, 0.17 cup (30g)    | 133      | 3g    | 13g | 3g      | 0mg     | 0mg    | 0g     | 1g    |
| Lemon juice, raw, 0.17 lemon yields                                  | 2        | 1g    | 0g  | 0g      | 0mg     | 0mg    | 0g     | 0g    |
| Fage (Greece) 0% - Plain Yogurt, 4.0 oz                              | 67       | 5g    | 0g  | 12g     | 7mg     | 43mg   | 5g     | 0g    |
| Generic - Chicken Breast- Poached, 8.0 oz(s)                         | 376      | 0g    | 3g  | 64g     | 128mg   | 0mg    | 0g     | 0g    |
| <b>Dinner</b>  |          |       |     |         |         |        |        |       |

# Guide to Eating Clean for Getting Lean

**Q: CAN YOU REALLY HIT YOUR IDEAL PROTEIN GOAL?**

**A: YES! HERE'S HOW. (CONTINUED)**

How to Hit It

[Click here](#) for a detailed breakdown of the menu below from MyFitnessPal.

Breakfast

Greek yogurt with almonds and blueberries

Snack

2 [egg white muffins](#) with chicken, broccoli and cheese

Brown Rice Cake with PB and sliced banana

BCAAs

Lunch

8oz of [Sonoma Chicken Salad](#) (apples/walnuts) with a slice of Fitness Bread

Snack

Dark Chocolate Sea Salt Rx Bar

Dinner

6 Turkey Meatballs (Trader Joe's)

1 cup roasted potatoes

2 cups steamed broccoli

Snack

1/2 pint Halo Top "ice cream" with non-fat whipped cream

# Guide to Eating Clean for Getting Lean

## DITCH THE CRAP: TRY THESE HEALTHY AND TASTY SNACKS

When the mid-morning, mid-afternoon or late night munchies hit, be ready. Don't fall prey to office vending machines, desktop candy bowls or those left over cookies from a client meeting. Get your booty to Trader Joe's and make sure you have some of these healthier (and still super tasty) options on hand at work and home to tide you over. Presented here in somewhat random order. Enjoy!

- Brown rice cake with organic peanut butter and sliced banana
- Greek yogurt with almonds and berries
- Greek yogurt with peanut butter (stir it up real good like a mousse) and berries
- Fresh fruit like sliced apples, berries and apricots (add Greek yogurt or peanut butter)
- Freeze dried fruit (strawberries and mangos)
- Jerky (like the Salmon, Beef and Chicken brands shown here)
- Baby Bel (my favorite) or string cheese
- Healthier chips like these Lentil Curls, Plantain Chips or Blue Corn Tortilla Chips with salsa, cheese or hummus
- Almonds or other fresh nuts (with cheese, jerky and/or fruit)
- Veggies (carrots, cucumbers, snap peas) with hummus or salsa
- Fresh pickles
- Rx bars



# Guide to Eating Clean for Getting Lean

## GET YOUR “SUGAR FIX” WITH THESE 22 SMARTER DESSERT TRICKS

It's no secret in my house and among my friends and clients that I have a sweet tooth. I love dessert. I don't drink. I don't do drugs. I eat clean and track my macros. I do cardio. I lift heavy. And mother f\*cker at the end of the day I want a cookie. And sometimes I go for it hard. I'm no stranger to Hot Cookie, Ghirardelli or the Safeway bakery (grocery store sheet cake is what I imagine heroine is like).

When we work hard sometimes we deserve to play hard. But when we're really trying to watch our sugar intake, keep calories down and steer clear of processed foods, there are healthy alternatives to the SUGAR MONSTER that can scratch your itch without ruining your gains (or loses). Here are 22 of the best healthy/healthier treats as suggested by me, my trainer pals and clients.

Quick reality check before we get to the good stuff. I teased before that sugar is like heroine. It is, in fact, similar. It's highly addictive and stimulates the brain the same way hard drugs do. It triggers the pleasure center of our brains and elevates dopamine (fun fact: so does exercise). If you are reading this, you likely already know that processed sugar (found in practically everything packaged in the grocery store) wreaks havoc on the body. It has negative metabolic consequences on the body at the cellular level. Over indulging can lead to weight gain, obesity, diabetes and a string of other nasty sh\*t. In my opinion, and backed by science, sugar acts like a drug.

Last bit of preaching before I get to the noms. I recently watched HBO's documentary series *The Weight of the Nation*. It is a fascinating and alarming look at what we're up against in today's culture. It reiterated many of the things I see daily as a trainer and reinforced many of the tools I recommend and practice myself for managing a balanced approach to nutrition. When trying the ideas on the next page, I encourage you to practice:

### Plating

Don't eat your dessert (or anything) straight from the carton, bag or container. Plate your food and eat it with a sense of occasion. Garnish your froyo with mint and put it in a nice dish. Don't stand over the sink eating it out of the carton. Otherwise the pint will be gone before you know it.



# Guide to Eating Clean for Getting Lean

## GET YOUR “SUGAR FIX” WITH THESE 22 SMARTER DESSERT TRICKS (CONTINUED)

### Measure

There is some debate whether “calorie counting” and food measuring works. I fall in the middle of these two camps. We should, at least, measure our servings. If the froyo you are eating comes in a pint, measure 1 serving (typically 1/2 cup) and plate it (see #1 above).

### Mindful Eating

Not to get all Zen about this, but many of us go through the day on auto pilot, especially when we eat. If you know you have a history of overeating snacks and sugar while binge watching Game of Thrones, try turning off all distractions (TV, cell phone, Facebook) and actually TASTE and ENJOY your dessert slowly versus shoveling it in without really experiencing it.

Ok, now for the treats. I asked my network of peeps what their “go-to” desserts are that won’t kill your waistline and leave you with a sugar hangover and full of regret. Here are 22 of my favorites in no particular order.



# Guide to Eating Clean for Getting Lean

## GET YOUR “SUGAR FIX” WITH THESE 22 SMARTER DESSERT TRICKS (CONTINUED)

### Cold Treats

- [Whole Foods Organic Greek Yogurt Dessert Bars](#)
- [Enlightened Frozen Treats](#)
- [Stoneyfield Frozen Yogurts](#)
- [Halo Top Frozen Dessert](#)
- Homemade Sherbet: Blend berries, banana and a splash of organic, pure fruit juice.
- Homemade Popsicles: Blend watermelon and raspberries with honey and coconut milk.
- Smoothie Pops: Throw banana, strawberry, almond milk (or coconut milk) and honey in a blender, pour into popsicle containers and freeze.
- Homemade Slushie: Blend ice and water (or coconut water) mixed with [BCAA](#).
- Shake: Banana, hemp hearts, cacao nibs, with a splash of your milk of choice, and a few ice cubes. Blend it up and you’ve got a “shake” to replace your afternoon iced coffee!
- Shake: Coconut milk, banana and dates mixed in a food processor
- Homemade Banana “Froyo”: Blend frozen bananas in a blender/vitamix.

### Fruity and Nutty

- Berries and whipped cream (I like old school [Reddi Wip](#) or make some out of real coconut cream for a dairy free option)
- Strawberries with organic almond butter, sprinkled with dark chocolate chips (or cacao nibs) and coconut
- Apples and organic peanut butter (or any nut butter)
- Baked ripe bananas with dried cranberries and whip cream
- Grilled Nectarines: Slice nectarines in half. Mix two tbsp olive oil, 1/3 cup.honey and a bit of vanilla. Brush on cut sides of fruit. Grill on medium high with cut side down for 4 minutes.
- Pineapple, berries, apples or any fruit with cottage cheese
- Mango slices with salt, lime, and a dash of hot sauce
- Frozen grapes with a touch of almond butter spread on each. Unwieldy, but the frozen-ness adds flavor and, hey, it’s just fun.

### Counterfeit Cookies and Cakes

- Cold [Banana Protein Pancakes](#) with Whipped Cream
- Ezekiel bread (or low sodium brown rice cake) with either Greek yogurt or organic peanut butter with a banana or strawberries + optional sprinkle of amaranth seeds and a bit of real honey
- Dates and cocoa nibs and/or organic almond butter

# Guide to Eating Clean for Getting Lean

## DO YOU HAVE TO GIVE UP ALCOHOL TO MEET YOUR HEALTH GOALS?

I work with loads of successful, social and often high-stressed individuals who enjoy the occasional (or more than occasional) glass (or two or three or four) of wine (or cocktails) at the end of the day. Sometimes they want to talk about it. Sometimes they don't want to go there. But usually at some point (typically during a plateau) I end up being asked what a reasonable alcohol intake looks like for their fitness and health goals. I don't tell people what to do. I provide them information and tools and serve as a resource to hold them accountable to what they decide.

With that said, [I'll just leave this right here](#). ::wink:: It's a fantastic and informative article by Camille DePutter of Precision Nutrition which explores the real tradeoffs of alcohol consumption.

The bottom line is alcohol is high in calories and low in most nutrients. It's tough to lose body fat, increase muscle or improve athletic performance while drinking a lot of the stuff. The potential health benefits of low to moderate consumption are still being debated (and the risks of heavy drinking are well established). For many, drinking is fun and can be a normal part of a balanced social life. If you wonder whether you should take a look at how much you drink as it pertains to your goals, [give the article a read](#).

Bottoms up!

(Editor's note: full disclosure, I happen to be sober. I wish I could drink moderately. My brain and body won't let me so I abstain. But I don't push others to do the same. Again, I just provide information to help my awesome clients make informed decisions.)

# Guide to Eating Clean for Getting Lean

## HOW TO ENJOY THE HOLIDAYS WITHOUT BLOWING YOUR FITNESS GOALS

Holiday parties, family feasts and travel plans can kill your fitness resolve and give you the nutritional “f\*ck its”. Don’t throw in the towel. Here are three simple and effective tips you can use over the coming weeks to make sure you have a good time without blowing all your hard work.

1. Time your workouts around your parties. Our bodies are more efficient at burning off carbohydrates rather than storing them as body fat in the window after an intense workout. So if you know you are going to be eating naughty party treats or enjoying adult beverages at 8 p.m., try scheduling your workout to 6 p.m. to take advantage of that.
2. Build up ‘calorie credits.’ If you know you want to let loose at a party or a big meal on Friday, build up calorie credits in the week leading up to it. I recommend my clients know what their daily caloric needs are (it’s easy to calculate) and to track their food in the free app MyFitnessPal. If they shave 200-300 kcal/day Monday through Thursday, they then have an extra 800-1,000 to enjoy on Friday without gaining weight for the week.
3. Fill the tank before you go. Don’t go to a party hungry. Make sure you eat a balanced meal a few hours before (with adequate protein and healthy fats; these help you feel full) and that you are super hydrated. Often we confuse dehydration with hunger, and you’ll likely be eating salty food and drinking booze, so hydrating will reduce your hangovers.

These three simple and totally manageable tips have helped hundreds of my training and nutrition clients avoid the bloat and weight gain so many of us experience over the holiday season. #workhardplayhard



# Guide to Eating Clean for Getting Lean

## SUPPLEMENT SPOTLIGHT: CREATINE FOR MUSCLE GROWTH, ATHLETIC PERFORMANCE AND BRAIN FUNCTION

Creatine is one of the most popular supplements in the world but often one of the most misunderstood. Experts in the fitness community generally agree that creatine supplementation can be a safe and effective way to increase athletic performance, muscle growth and even brain functioning.

As a personal trainer I don't make specific supplementation recommendations, but in this post I'll provide links to helpful information from credible industry experts so you can decide what's right for you. I personally use creatine and have found it to be effective alongside a consistent training program, sound diet and adequate rest and recovery.

What is creatine?

For those who want to geek out on the science, check out this article, [All About Creatine](#), from the experts at Precision Nutrition. As the article states, "Creatine is an amino acid derivative constructed from arginine, glycine and methionine. It is produced naturally by the body in the kidneys, liver, and pancreas at a rate of about 1-2 grams/day. Creatine can also be obtained from food (particularly red meat) and supplementation. The uptake of creatine into muscle cells is an active process. 90-95% of creatine in the body is found in muscle. Creatine is degraded into creatinine and excreted in the urine at a rate of around 2 grams/day."

Bueller? Bueller? Bueller?

Ok, ok... Here's what you need to know. Creatine is naturally occurring in the body and in food. It's job is to take energy stored in food and transfer it to energy our bodies can use to do work (i.e. lift more weight, do more reps, run faster, etc.)

So it must be like a steroid or something only meatheads or performance athletes use, right? Wrong. Check out [Body Fuel: Creatine Myths](#), again from the good folks at Precision Nutrition. A little known fact is that our brains use it too. So supplementation can improve thought and brain processes.

Want to get even more into the nutty gritty? Checkout [this scientific review from Examine.com](#) that features 693 unique references to scientific papers. And this list of Precision Nutrition Approved Nutritional Supplements. [Creatine: The Complete Guide](#) is also helpful.

# Guide to Eating Clean for Getting Lean

## SUPPLEMENT SPOTLIGHT: CREATINE FOR MUSCLE GROWTH, ATHLETIC PERFORMANCE AND BRAIN FUNCTION (CONTINUED)

### Key points

For those short on time, here are the key takeaways (directly from [All About Creatine](#)).

If you decide to use a creatine supplement:

- Use the monohydrate form
- Consume 3-5 grams of creatine per day
- Dissolve the creatine in a warm beverage like green tea
- You can also take your creatine before and/or after workout sessions with your workout nutrition
- Take a break from creatine supplementation after using for 12-16 weeks



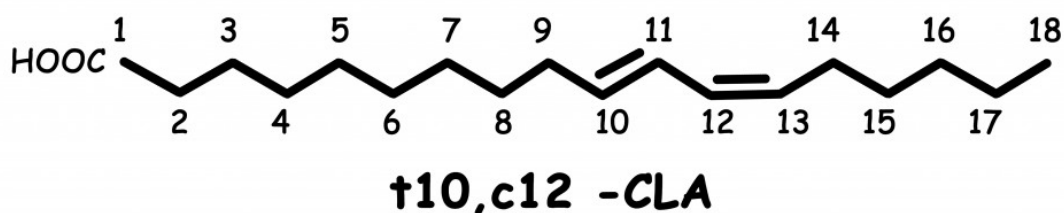
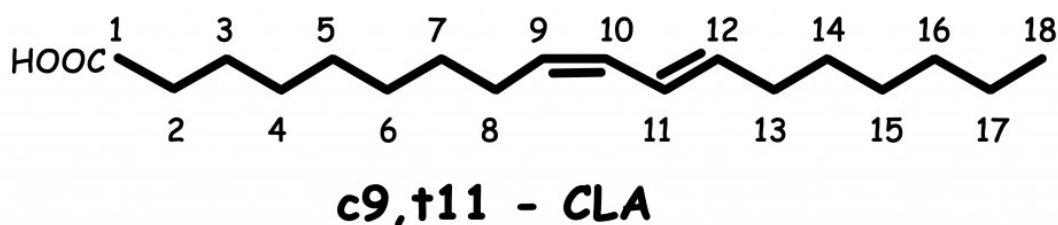
# Guide to Eating Clean for Getting Lean

## SUPPLEMENT SPOTLIGHT: CAN CLAs HELP ME LOSE FAT?

I get asked by a lot of clients, friends and family what supplements they should take. First of all, I never tell anyone what supplements they should take. I'm a personal trainer, not a nutritionist, dietician or doctor. I don't "prescribe" supplements or specific diet plans. I do, however, provide information and experience that can help them make the best choices for themselves. Previously I covered BCAAs for recovery. Now we'll look at CLAs and whether they can help shed unwanted body fat.

### The Geeky Stuff

CLA stands for conjugated linoleic acids. CLAs are a family of fatty acids that are different biochemical arrangements of linoleic acid. Unlike other fatty acids, they have a cis double bond and a trans double bond. Different CLAs are named based on where these cis and trans bonds happen along an 18 carbon chain. This is important because research suggests that certain CLAs are better at helping burn body fat than others. CLA is thought to work by helping to deliver more fat directly to your muscles where it can be burned for energy instead of stored.



### The Research

In a nutshell, the research isn't super compelling one way or another. Studies, as is usually the case, are typically small in size and not definitive. Some show modest body fat reduction and some none at all. Read the research for yourself (see links below).

# Guide to Eating Clean for Getting Lean

## SUPPLEMENT SPOTLIGHT: CAN CLAs HELP ME LOSE FAT?

(CONTINUED)

### Key Takeaways

CLA is a substance that your body does not make naturally so you can only get it from foods or supplementation. Research shown that cows fed from a diet of grass, instead of grains or soy, have the highest levels of CLA.

If you are going to supplement, a mix of c9,t11-CLA and t10,c12-CLA is likely the most effective, but you aren't going to see any miracles.

CLAs are not magic fat burning pills. You will likely see better results, in terms of body fat reduction, from ensuring that your exercise program, nutrition and sleep/regeneration habits are on point. And if they truly are and you are still having trouble shedding body fat then incorporating the right mix of CLAs into your diet/supplementation plan may give you a mild edge to shed the last bit of body fat.

### References

<http://www.precisionnutrition.com/can-cla-help-you-lose-body-fat>

<http://examine.com/supplements/Conjugated+Linoleic+Acid/>

<http://www.livestrong.com/article/289014-cla-for-weight-loss-when-to-take-it/>

<https://www.exercise.com/blog/when-should-you-take-cla/>

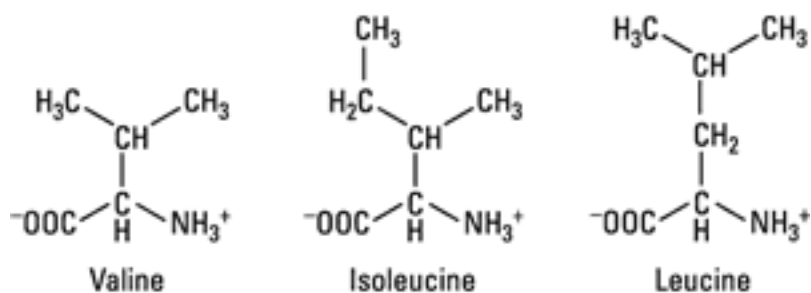


# Guide to Eating Clean for Getting Lean

## SUPPLEMENT SPOTLIGHT: SHOULD YOU TAKE BCAAs?

I get asked by a lot of clients, friends and family what supplements they should take. First of all, I never tell anyone what supplements they should take. I'm a personal trainer, not a nutritionist, dietician or doctor. I don't "prescribe" supplements or specific diet plans. I do, however, provide information and experience that can help them make the best choices for themselves.

First up are branched-chain amino acids (BCAAs). I won't get too geeky here, but what are they? Amino acids are the building blocks of protein. There are eight "essential" amino acids and we must consume them from food because the body cannot manufacture them on its own. Among these eight essential amino acids are the three BCAAs: leucine, isoleucine and valine. BCAAs provide the basis for protein synthesis and energy production and can comprise up to one-third of muscle protein.



Bueller? Bueller?

Ok, here's the deal, BCAAs, especially leucine, may help:

- Build muscle (anabolism)
- Prevent muscle breakdown (catabolism)
- Reduce soreness
- Help burn fat

Thought that might get your attention. Some suggest they can also help with fatigue among athletes but there isn't enough evidence to go there just yet.

# Guide to Eating Clean for Getting Lean

## SUPPLEMENT SPOTLIGHT: SHOULD YOU TAKE BCAAs? (CONTINUED)

Whenever possible I avoid supplementation and try to get the nutrients I need from food. That's not always possible or convenient. The following foods are high in BCAAs: whey protein, casein, eggs, soy, milk, cheese, meat, poultry, fish, pork, chicken, cottage cheese and cashews. If you already eat adequate amounts of these foods (i.e. your diet is on point), your fitness program is sound (i.e. you are working a safe and progressed program that is challenging you without overtraining) and you are still not getting the reasonable results you should or are seeing a catabolic effect it would be reasonable to try supplementation.

In my opinion, it doesn't really matter the brand. I've tried all of the following and the results were about the same. I frankly just go to GNC and buy whatever is on sale. I just make sure that the product contains all three of the BCAAs (leucine, isoleucine and valine). I mix 5g with water and sip on it during high intensity (HIIT cardio and/or HEAVY lifting) workouts of an hour or more. I skip it on lighter days and I only drink it during workouts.



In my experience, it helps with soreness and it might be placebo but periods that I use it I do notice better muscle cuts and lower body fat (maybe when I take it I work harder or better). Several of my clients report similar results. So if it's science or placebo I don't really care; I like the results.

Added bonus, science suggests BCAAs help with satiety (making us feel full and stopping us from eating our feelings). I have a nasty sweettooth. Days I take BCAAs I notice my cravings for sweets are

noticeably diminished. This may come from more balanced insulin, or it may just be the powered supplement itself is super sweet and puts me off sweets. Again, I don't care why. It works for me!

Further Reading

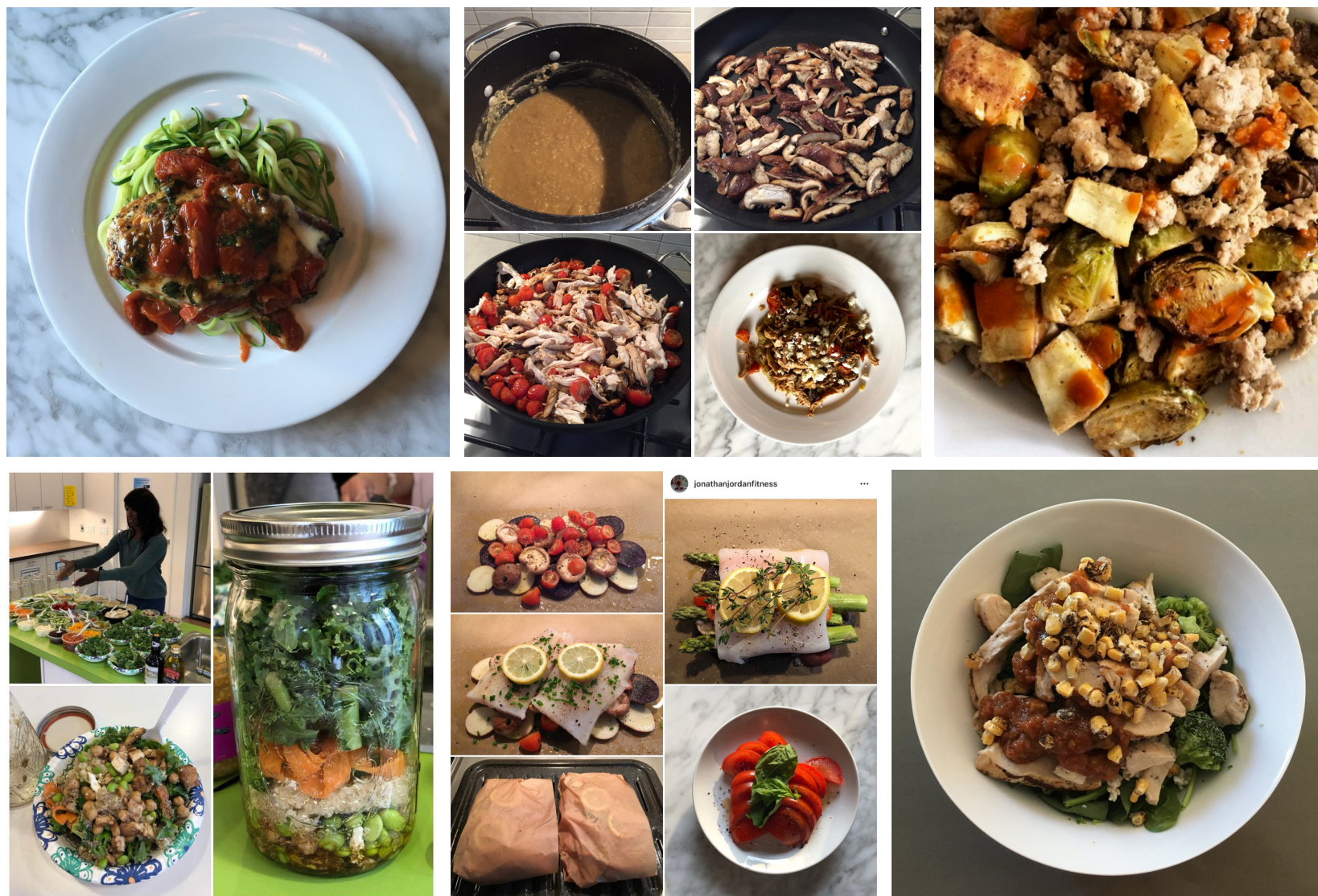
<http://www.precisionnutrition.com/all-about-bcaas>

<http://www.bodybuilding.com/fun/bcaas-why-you-should-fit-them-into-your-fitness-goal.htm>



# Guide to Eating Clean for Getting Lean

## JJ'S TOP 20 RECIPES FOR EATING CLEAN AND GETTING LEAN



The following 20 recipes are my secret weapons for fighting the battle of the belly bulge. They are relatively easy and they can be prepared in advance and enjoyed throughout the week. Across the board these are my clients' favorites. Try 1-2 week and see which ones you enjoy!

# Guide to Eating Clean for Getting Lean

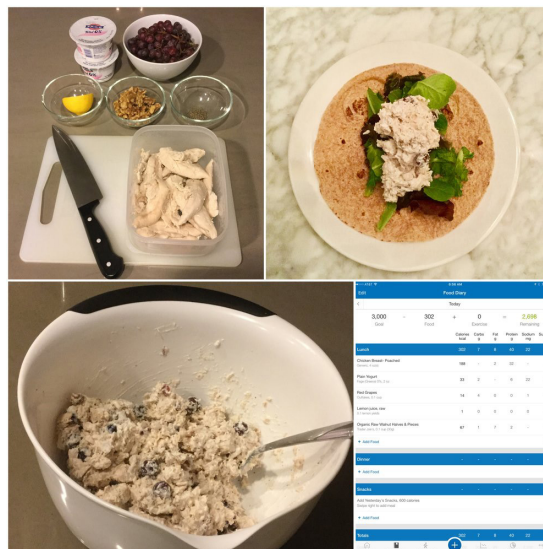
## JJ'S TOP 20 RECIPES FOR EATING CLEAN AND GETTING LEAN

### 1. SONOMA STYLE CHICKEN SALAD

This is a new twist on my [curry chicken salad recipe](#) and it's a favorite of mine and several of my clients. It's easy to prep for the entire week and is a great way to get in protein and healthy fat. I used walnuts and grapes in this version but you can also use almonds and apples. It's great on its own, as a topper to a salad or in a wrap as shown here. At 300 calories it packs 40g of protein and only 7 carbs per serving. Give it a try; you won't be disappointed.

#### How to Do It

- Poach four large chicken breasts (about 2 lb.) by putting them in a large pot, covering with water and boiling on medium/high for about 15-20 minutes.
- Chop the chicken with a butcher knife into a large bowl and add two cups of Greek yogurt, the juice from 1/2 lemon, 1/2 cup chopped raw walnuts, 3/4 cup grapes and salt and black pepper to taste.
- Mix with a fork until everything is nice and blended.
- Store in the fridge and eat throughout the week on its own, in a wrap or over greens/salad.
- Makes six servings.





# Guide to Eating Clean for Getting Lean

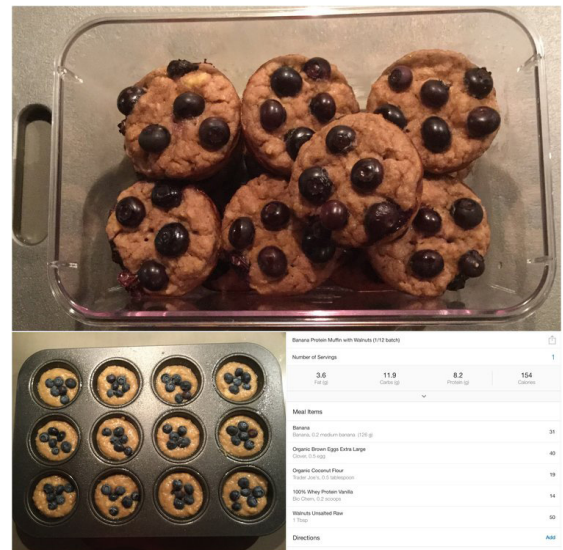
## JJ'S TOP 20 RECIPES FOR EATING CLEAN AND GETTING LEAN

### 2. BANANA BLUEBERRY EXPLOSION PROTEIN MUFFINS

These little bastards are LITERALLY my favorite food and are a variation on my [protein pancake recipe](#). Pancakes are delicious and are great for a special occasion, but for a normal week they are a lot of work. So my genius partner turned them into muffins and makes them every Sunday so we have them for the week ahead. They are great pre/post workout snacks or perfect at night as a healthy dessert treat.

Mix in a big bowl with a fork:

- 3 ripe bananas (the darker, the better)
- 6 eggs, or 1 cup egg whites (I actually prefer egg whites)
- 1/3 cup coconut flour
- 6 scoops of protein powder
- 1/2 cup chopped walnuts
- Pinch of All Spice
- Spray a non-stick muffin tray and fill each cup 3/4 full with the batter. Top with blueberries in a star pattern (trust me, this is optimal so each bit gets a blueberry blast).



Bake at 375 degrees for 22-28 minutes.

Let cool and place in a container in the fridge for the week. They will last all week. If you need them last longer, they also freeze nicely, Make sure to eat them so you get a blueberry with each amazing bite.

Om nom nom.



# Guide to Eating Clean for Getting Lean

## JJ'S TOP 20 RECIPES FOR EATING CLEAN AND GETTING LEAN

### 3. QUICK AND EASY EGG WHITE MUFFINS WITH VEGGIES AND CHEESE

These mini egg white muffins are the perfect meal prep hack if you struggle getting a healthy, balanced breakfast with ample protein. A quick and easy batch of these will keep all week in your fridge and are easy to take with you to the gym or office. Pop them in a microwave for 30 seconds or just eat them cold like I do. Each muffin only has about 70 calories with only 2 carbs and 10g of protein. These include peppers, spinach, mushrooms and chives but you can add any veggies or meat (grilled chicken, turkey bacon) you like. Om nom nom.

#### Here's What to Do

- Layer your veggies in the bottom of a non stick muffin tin.
- Sprinkle a pinch of cheese (mozzarella works great).
- Pour egg whites on top to almost (but not quite) full.
- Top with chopped chives.
- Add a pinch of salt and pepper to taste.
- Bake at 375 for 22-28 minutes.



# Guide to Eating Clean for Getting Lean

## JJ'S TOP 20 RECIPES FOR EATING CLEAN AND GETTING LEAN

### 4. CAESAR SALAD WITH SAUTEED CHICKEN

I've had the pleasure of working with the amazing [Allison Tibbs](#) for years. I was fortunate enough to be part of the interview team who ultimately hired her at Equinox Pine Street and I knew within the first minute of talking with her she was going to be an asset to our club, to the fitness community and to my own personal growth. Simply put, I love this fierce woman.

On her web site and IG she shares so many awesome recipes. My personal favorite is her take on a traditional Caesar salad. It literally makes my mouth water just thinking about it. Allison uses coconut oil to grill her chicken. I gravitate more toward olive oil (my partner's last name is Haralabopoulos, need I say more?). Both are a-ok so long as you get the "virgin" kind. In fact, in a perfect world you'd cook with both regularly giving variety to your diet. And for a great low sodium general seasoning try Trader Joe's "Everyday Seasoning" or "Lemon Pepper".

#### Ingredients

- Chicken Breast, diced
- Kale or Romaine Lettuce
- Cherry Tomatoes
- Feta Cheese
- Hummus
- Lemon/Lemon Juice

#### Directions

- Heat coconut oil in a pan and season with salt-free seasoning, pepper, and a dash of salt
- Saute chicken breast in the pan and set aside to cool after it is cooked
- Slice cherry tomatoes lengthwise
- Place kale in a bowl then add diced chicken breast, tomatoes, and feta cheese
- Add 3 tbs of hummus and squeeze the juice of one lemon wedge over the salad
- When you mix it up, the lemon juice and hummus create a nice "salad dressing"



# Guide to Eating Clean for Getting Lean

## JJ'S TOP 20 RECIPES FOR EATING CLEAN AND GETTING LEAN

### 5. THE PERFECT SMOOTHIE

I spoke with with nutritional expert and author Manuel Villacorta, M.S. and R.D. Manuel to explain the importance of including healthy fats along with protein and micronutrient rich veggies and fruits in your smoothie. This is my “go to” smoothie recipe of choice that takes about 90 seconds to throw together on the way out the door. This is a great option for breakfast/pre-workout or for lunch, dinner or a snack.

Throw the ingredients below in a decent blender for about 30 seconds:

- 2-4 scoops protein (any will do but I like Bio Chem Whey Vanilla which you can get at Whole Foods)
- 1 scoop Amazing Grass Green Superfood (also available at Whole Foods)
- 1 small banana (optional, or half a banana)
- 2 handfuls (cups) of baby spinach
- 8-16 oz water
- 1 tablespoon flax seeds, chia seeds or hemp seeds

Watch a 90s video on how to make The Perfect Smoothie

Press Play 

# Guide to Eating Clean for Getting Lean

## JJ'S TOP 20 RECIPES FOR EATING CLEAN AND GETTING LEAN

### 6. PETER'S TURKEY SAUTÉ WITH TOMATO SAUCE AND VEGGIES

It's no secret. The men of my household take meal prep seriously. And my partner Peter is the captain of our good ship Tasty Noms. Clients are always asking for quick, easy and healthy recipes that won't break the bank. And just last week a fellow massage student pal of mine looked longingly over her peanut butter sandwich at my salmon, sweet potatoes and steamed broccoli and asked "how do you do it?!" so I thought I'd share one of my favorites from Chef Peter: turkey sauté with tomato sauce and veggies.

#### What You'll Need

- 1 lb lean ground turkey
- Olive oil
- Canned organic diced tomatoes (no salt added)
- Salt, black pepper and garlic powder
- Italian seasoning (We use parsley, oregano and basil. If you don't have these you can use basic Italian seasoning.)
- Frozen veggies of your choice (we use organic broccoli and/or cauliflower)
- Option: if you need more carbs you'll want some frozen brown rice but it's plenty filling without it



#### What To Do

- Add about 2 tablespoons of olive oil to a skillet and turn the burner to high medium.
- Once the skillet is hot add the ground turkey and season with a pinch of salt, black pepper and garlic powder.
- Brown the turkey and make sure it's completely cooked.
- Add the can of tomatoes to the skillet and continue to sauté on medium low for about 10 minutes uncovered.
- Turn the heat completely off and then add your seasoning, mix and let cool.
- Once cool you can serve right away or if you're prepping to eat later place 1/4 - 1/2 cup brown rice (optional) on the bottom of your containers, layer with frozen veggies and top with 1/2 the turkey sauté and place in the fridge.
- When it's time to eat, simply microwave for about 90s.

# Guide to Eating Clean for Getting Lean

## JJ'S TOP 20 RECIPES FOR EATING CLEAN AND GETTING LEAN

### 7. SIMPLE, DELICIOUS SALMON

When people see me pull homemade salmon with jasmine rice and stir fried vegetables out of my lululemon lunch bag in the middle of a busy weekday they think 1. I must be fancy AF and/or 2. I must spend hours each night meal-prepping instead of binge watching Broad City. Neither are true. Here is a simple and awesome game plan for prepping up to four salmon fillets in about 20 minutes and bonus, it won't stink up your house. These keep in the fridge for several days so are perfect for quick dinners and lunches on the go.

Start with approximately 6 oz. fillets of salmon with the skin on one side. Yes, it's expensive. And yes, if you can, go for the best quality wild caught. You're putting it in your body after all. Good salmon is expensive because it's extremely nutritious with 48g of protein and 20g of healthy fats and omega-3 fatty acids, vitamin B12, vitamin D and tons of other good sh\*t. I know I sound like a stuck up Ina Garten. If cost is a big issue, you can also go for white fish like Cod which is still super packed with protein and about half the cost.

Here's what to do

- Preheat your oven to bake at 425 degrees and place your skillet inside the oven so it gets nice and hot.
- Take your salmon fillets and wash them with cool water and lay them on a paper towel lined plate skin down.
- Use a paper towel to dry the fillets.
- Season the tops of the fillets with whatever basic seasoning you like (a little salt and pepper is fine or I like Trader Joe's Lemon Pepper).
- Take out your warm skillet (use an oven mitt) and add 1-2 tablespoons of olive oil. Place the fillets in skin down and cook in the oven for about 15 minutes.
- Remove the skillet and let cool before eating or meal prepping.
- Serve with whatever sides you like.. I like Trader Joe's frozen Jasmine Rice and frozen broccoli florets (just heat them up in the microwave). But you can use whatever quick and easy sides or salad you like.



# Guide to Eating Clean for Getting Lean

## JJ'S TOP 20 RECIPES FOR EATING CLEAN AND GETTING LEAN

### 8. MOM'S MEATLOAF REMIXED

Meatloaf has a bad reputation. Granted, the name “meatloaf” is kind of funky and stirs up images of frozen dinners and 1950s housewives. But in my house, meatloaf is a weekly favorite. It’s high in lean protein, low in saturated fat and very easy to make. Each loaf yields at least three generous servings perfect for dinners at home or lunches on the go. It lasts for several days in the fridge and can also be frozen. And it’s f\*cking delicious. Heat this up at work (60-90s in the microwave) and your coworkers will drool over your shoulder while asking what smells so good. You’ll be like the Pied Piper of Hamelin. But with meat. Settle down there, vegetarians. Sub the meat for tofu and the recipe still totally works.



I have to give my handsome and amazing partner Peter credit for this recipe. Mostly. It actually started with my mom. When I moved away to college and finally had to start cooking for myself, I remember calling my mom one night missing her homemade meatloaf. She gave me her recipe over the phone and it quickly became one of the only things as a 19 year old I could make. Flash forward to my thirties and I was still rocking the recipe and used it to lure Peter in (you know what they say about men and their stomachs). Peter took the original recipe and gave it a healthier spin. We use lean ground turkey but ground chicken also works. My mom originally used lean ground beef which totally still works if ground beef is part of

your personal food ethic. We simply pair it with frozen rice (brown, jasmine or cauliflower) or 5-minute couscous and a cup of frozen veggies or a simple side salad.

# Guide to Eating Clean for Getting Lean

## JJ'S TOP 20 RECIPES FOR EATING CLEAN AND GETTING LEAN

### 8. MOM'S MEATLOAF REMIXED (cont.)

#### What You'll Need

- 1 lb lean ground meat (turkey, chicken or beef)
- 1 egg
- 6 oz plain Greek yogurt (we use 0% but up to you if you want more fat)
- 1/2 cup Italian style bread crumbs
- 1/2 cup organic marinara (try to get one low in sodium and no sugar added)
- 3 tbs olive oil
- 1 tsp Italian seasoning (or oregano and basil to taste)
- Salt and pepper to taste

#### What To Do

- Preheat oven to bake at 375.
- Beat the egg with a fork in a bowl until blended.
- Pour the egg in a big mixing bowl and add ALL the other ingredients except the marinara sauce: turkey, olive oil, Greek yogurt, breadcrumbs, Italian seasoning, salt and pepper.
- Using a spoon mush everything together until all the ingredients are consistently blended.
- Put the mixture in a standard glass dish (no need to grease it, just plop it in there) and spread it evenly until it has that fabulous loaf shape.
- Spread the marinara on top.
- Put in the oven uncovered for 60 minutes.
- Using oven mitts, take the loaf out and let cool for 5-10 minutes before slicing and serving (or let cool completely and put in fridge/store to eat later).

# Guide to Eating Clean for Getting Lean

## JJ'S TOP 20 RECIPES FOR EATING CLEAN AND GETTING LEAN

### 9. LOW CARB CHICKEN CAPRESE WITH ZUCCHINI NOODLES

One of my awesome clients [Jason](#) gave me a challenge last week. He wanted a quick (30 minutes or less) meal he can make at home with ingredients he can pick up at practically any grocery store (not just Whole Foods) that will fit his macros. Normally he meal preps and is open to the occasional food delivery service but wanted something he could make himself and hopefully have left overs. Challenge accepted!

I'm a big fan of traditional chicken parmesan (basically fried chicken with cheese served on top of spaghetti). My partner Peter and I played with that idea and figured out a way to scratch our itch for Italian while keeping protein and healthy fat up and total calories and carbs down. We ditched the breading and pasta and opted for a flavorful yet still rich Chicken Caprese.

The recipe below is for two servings but you can easily double it for four and eat the leftovers for lunch or dinner the next day.

What you'll need:

- Salt and pepper (or a basic "Everything" seasoning)
- Two 6-8oz boneless, skinless chicken breasts
- Olive oil (4-6 tablespoons)
- Garlic (3-4 cloves)
- Cherry, grape or Marzano tomatoes (cut into halves, about 2 cups)
- Balsamic vinegar (1/4 cup)
- Fresh basil leaves (about 12 fresh leaves, if not available about 1-2 tablespoons dried basil)
- Two slices of mozzarella cheese
- Two large zucchinis

# Guide to Eating Clean for Getting Lean

## JJ'S TOP 10 RECIPES FOR EATING CLEAN AND GETTING LEAN

### 9. LOW CARB CHICKEN CAPRESE WITH ZUCCHINI NOODLES

(cont.)

Here's what to do:

- Spiralize your zucchini in advance. Season the chicken breasts to taste (a pinch or two of “everything” seasoning or a little salt and pepper).
- In a non-stick skillet add about 2-4 tablespoons of olive oil and cook the chicken on medium/high heat until no longer pink in the middle (about 4-6 minutes on each side). Remove the chicken, cover with tinfoil and set aside.
- Add another tablespoon or two of olive oil to the pan, about 1/4 cup of balsamic vinegar and the garlic cloves coarsely chopped.
- Add the tomatoes and the chopped basil leaves and simmer, stirring with a wooden spoon for a few minutes until everything is juicy and tender.
- Put the chicken back in with the pan, add one slice of cheese on each breast and cover with tinfoil for 30s-1 minute so the cheese melts.
- Put your zucchini noodles in a bowl and microwave for 60-90s. Drain excess water. Heap on your plate. Add the chicken and tomatoes and enjoy!
- Note: if you want HIGH carbs, no problem (yay bulking!). You can serve this with traditional spaghetti or tortellini. But with the zucchini you can be pretty sure this meal is under 20g of carbs (depending on your portions) with plenty of protein and healthy fat.



# Guide to Eating Clean for Getting Lean

## JJ'S TOP 20 RECIPES FOR EATING CLEAN AND GETTING LEAN

### 10. "CHIPOTLE" BURRITO BOWL

I didn't set out to dis Chipotle with this post. I have tons of family, friends and clients who love Chipotle. And yes, I agree, it's a "better" option than a lot of fast food places. But the calories, carbs, saturated fat and sodium can quickly add up at Chipotle even when you customize your own burrito bowl there. So I offer you this "homemade" alternative which takes less than five minutes from start to finish to throw together (including the two minutes it takes to microwave) and has fewer calories, less fat, fewer carbs, WAY less sodium and more protein than Chipotle.

You can pick up all the ingredients you need at Trader Joe's (or any decent grocery store) and keep them in your fridge/freezer for when the burrito craving hits. You can also meal prep this sucker in a microwave safe container and take it to work. It's healthier and faster than Chipotle and it still scratches that itch.

#### What to do

- Grab a microwave safe bowl and add a cup of spinach (or kale, romaine or whatever green leafy vegetable you have).
- Add 1-2 cups of frozen broccoli (or peppers, cauliflower, onions or whatever vegetables you have chilling in the freezer or fridge).
- Add 1/4 cup frozen brown rice (they sell this in packs at Trader Joe's, Whole Foods and many other stores. Put what you don't use in a Ziplock and store in freezer for another meal).
- Add 1/2 or 1 whole container of Brat Hans Fully Cooked Organic Chicken Breast Strips.
- Add 1/2 cup Trader Joe's fire roasted corn.
- Top with 2 tbs. Muir Glen Organic salsa.
- Cover with paper towel and microwave for ~2 minutes. If veggies are still a little frozen just stir, re-cover and microwave for another 1 minute or so.
- Eat!

You can sub fresh for frozen anything and add whatever veggies/brands you personally like. You want cheese, ok. You want beans, ok. Just pick clean, organic ingredients and watch your total carbs and sodium.



# Guide to Eating Clean for Getting Lean

## JJ'S TOP 20 RECIPES FOR EATING CLEAN AND GETTING LEAN

### 10. "CHIPOTLE" BURRITO BOWL (cont.)

In retrospect, I wish I had added half an avocado sliced on top after taking it out of the microwave with a tbs. of greek yogurt. That would have been perfect! #nexttime #yayhealthyfats

Using Chipotle's online nutritional calculator I compared this "homemade" recipe with their Chicken Burrito Bowl with brown rice, fajita vegetables, fresh tomato salsa, roasted corn salsa and romaine lettuce. Theirs has 134 more kcals, 33g more carbs, 10g more fat, 25g less protein and 677mg more sodium.

|   | Calories<br>kcal | Carbs<br>g | Fat<br>g | Protein<br>g | Sodium<br>mg | Sugars<br>g |
|---|------------------|------------|----------|--------------|--------------|-------------|
| <b>Lunch</b>  | <b>386</b>       | <b>25</b>  | <b>4</b> | <b>65</b>    | <b>878</b>   | <b>5</b>    |
| Fully Cooked Organic Chicken Breast Strips<br><small>the Original Brat Hans, 1 container (7.5 oz.s ea.)</small> | 250              | -          | 2        | 60           | 725          | -           |
| Organic Broccoli Florettes<br><small>Trader Joe's, 1 cup</small>  | 25               | 4          | -        | 2            | 20           | 1           |
| Organic Brown Rice (Frozen)<br><small>Trader Joe's, 0.2 cup (142g)</small>                                      | 50               | 11         | 0        | 1            | -            | -           |
| Fire Roasted Corn - Corrected<br><small>Trader Joe's, 0.2 cup</small>   | 41               | 7          | 1        | 1            | -            | 3           |
| Spinach<br><small>Vegetables, 1 cups</small>  | 10               | 2          | -        | 1            | 32           | -           |
| Medium Salsa<br><small>Muir Glen Organic, 2 Tbsp (31g)</small>  | 10               | 2          | -        | -            | 100          | 1           |



# Guide to Eating Clean for Getting Lean

## JJ'S TOP 20 RECIPES FOR EATING CLEAN AND GETTING LEAN

### 11. MEAL PREP HACK FROM ALLISON TIBBS: MASON JAR SALADS

I'm obsessed with this simple yet genius meal prep hack from the incomparable Queen of Clean Eating [Allison Tibbs](#). Using mason jars you can pick up on Amazon or any kitchen supply store you can prep delicious salads and grain bowls that will last for several days without getting your veggies soggy using Allison's layering technique. Seriously, letting these suckers "marinate" in your favorite dressing and ingredients makes these salads tastier AND healthier than any quick serve salad joint and are easy to throw together.

Here's what to do and three of Allison's signature recipes. Start by adding your favorite dressing (I like basic olive oil and balsamic). Then add your protein (chicken, salmon, tofu, ground turkey), cheese (feta crumbles, fresh mozzarella, cheddar cubes), grain (rice, quinoa), beans (chick peas, black beans, edamame) and any of your favorite non leafy greens and "fix'ins" (cucumbers, broccoli, sweet potatoes, mushrooms, tomatoes, Brussel sprouts, peppers - anything you like). And then add your leafy greens (kale, spring mix, fresh basil, romaine). Really pack all those veggies in there! Add your lid and store in the fridge until ready to eat. Just pop the top and enjoy!



# Guide to Eating Clean for Getting Lean

## JJ'S TOP 20 RECIPES FOR EATING CLEAN AND GETTING LEAN

### 11. MEAL PREP HACK FROM ALLISON TIBBS: MASON JAR SALADS (cont.)

#### Mason Jar Meal Prep

allison@allisontibbs.com

##### Mason Jar Salad

- Salad Dressing
- Protein
- Cheese
- Veggies

##### Mason Jar Grain Bowl

- Salad Dressing
- Protein
- Cheese
- Veggies
- Grains
- Greens



*For More Recipes and Meal Prep Ideas at [www.CleanEatingGuide.com](http://www.CleanEatingGuide.com) or follow @icookclean on Instagram*

#### Mason Jar Recipes

allison@allisontibbs.com

##### Southwest Salad

- Pico De Gallo & Ranch
- Chicken
- Peppers & Onions
- Black Beans
- Cheddar Cheese
- Brown Rice
- Greens

##### Fall Harvest

- Salad Dressing
- Chicken
- Sweet Potatoes
- Brussel Sprouts
- Onions
- Feta Cheese
- Quinoa
- Greens

##### Chicken Caprese

- Salad Dressing
- Chicken
- Basil
- Tomatoes
- Broccoli
- Onions
- Mozzarella
- Quinoa
- Greens

*For More Recipes and Meal Prep Ideas at [www.CleanEatingGuide.com](http://www.CleanEatingGuide.com) or follow @icookclean on Instagram*

# Guide to Eating Clean for Getting Lean

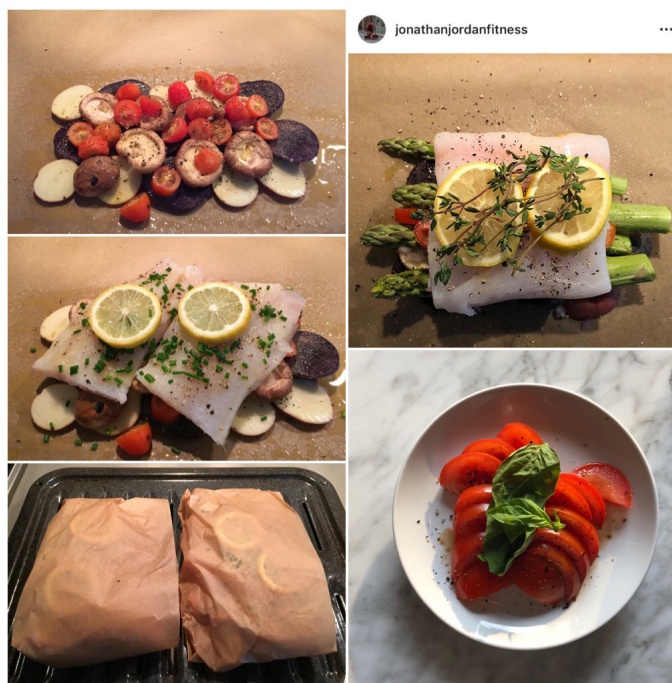
## JJ'S TOP 20 RECIPES FOR EATING CLEAN AND GETTING LEAN

### 12. FAST AND DELICIOUS FISH IN A POUCH

While “Fish in a Pouch” may not sound delicious, this quick, clean and tasty dish is one of my favorites. Taking less than 10 minutes to prep and 30 minutes to cook this all in one meal is perfect to make for one person or a big dinner party and requires almost no clean up. You can use any starches, veggies and fish you like including cod, halibut or salmon and you can also toss in shrimp or scallops.

#### How to Do It

- Spread a large sheet of parchment paper out on your counter and spray a tiny bit of olive oil spray (like this one). Or you can brush a tiny bit of normal olive oil if you prefer. The spray is just a good way to watch your total calories.
- Layer sliced potatoes and any veggies you like such as cherry tomatoes, mushrooms, asparagus and shallots and add the fish.
- Top with two lemon slices and your favorite herbs.
- Add salt and pepper to taste.
- Fold and wrap into a pouch (you can staple the ends if you like).
- Place on a baking sheet and bake at 425 degrees for 25-30m.
- When done, simply tear open the pouch and slide onto a plate.
- Serve with a side salad or a simple tomato, balsamic and basil salad.





# Guide to Eating Clean for Getting Lean

## JJ'S TOP 20 RECIPES FOR EATING CLEAN AND GETTING LEAN

### 13. LENTILS WITH CHICKEN, SHIITAKE MUSHROOMS, WALNUTS AND FETA

When writing my [post about getting enough protein](#) I was reminded how AWESOME lentils are. Packing as many as 40g in one cup they are an affordable source of protein, easy to prepare and loaded with vitamins and nutrients like folate, iron, potassium and manganese. Plus they are super tasty when mixed with veggies and healthy fats. Give this quick and easy recipe a try. It makes up to four servings loaded with protein, fiber and yummy goodness. I added chicken, but if you are vegetarian or looking for a break from meat, skip the chicken and it's still delicious.

#### What You'll Need

- 1 cup dried lentils (I used red lentils but you can also try black)
- 2 cups chopped mushrooms (I used shiitake but you could use any mushroom or vegetable like asparagus)
- 1 tbs olive oil
- 1 cup cherry tomatoes cut in half
- Shredded chicken (I bought a rotisserie chicken from the grocery store the day before and just shredded the meat)
- 1/4 cup chicken broth (I use organic, low sodium)
- 1/4 cup walnuts
- 1/2 cup feta crumbles
- Optional: handful of currants or chopped olives (I didn't add these but thought they might be tasty next time instead of the walnuts)



#### What to Do

- Boil the lentils according to the directions on the package
- In a skillet heat olive oil over medium/high heat and sauté the mushrooms for ~3-5 minutes until moist
- Toss in the tomatoes and heat for ~1 minute
- Toss in the chicken, lentils and walnuts and stir together
- Add ~1/4 cup chicken broth, cover and simmer on low heat for a few minutes letting all the ingredients come together
- Plate the dish and finish by sprinkling feta cheese on top



# Guide to Eating Clean for Getting Lean

## JJ'S TOP 20 RECIPES FOR EATING CLEAN AND GETTING LEAN

### 14. "ME PRETTY" MAC & CHEESE

Many of my favorite healthy and tasty recipes are inspired by my clients. I love it when they take our nutrition coaching ideas into the kitchen and dream up new, fun ways to eat clean. This one is a winner from my rock star client Geoff. In addition to having the best animated [Elmo gifs](#) he also has the best reinvention of this classic comfort food that I call "Me Pretty" Mac & Cheese.

#### What to do

- Boil water and follow cooking instructions on the box of your favorite "healthy" pasta. I suggest whole wheat macaroni but you can use any shape or try a different type such as black bean or another low carb option. To make four servings, use 1/2 the box and save the other half for next time. Watch your serving sizes if you are watching your kcals/macros.
- Strain pasta but save 1/2 cup of the pasta water in a cup. Set aside.
- Add 1 tbs olive oil to a skillet and warm over medium/high heat. Add any veggies you like. Start by sautéing onions and bell peppers. Once softened add tomatoes (I used canned but you can add chopped cherry tomatoes). Then add some green leafy veggies like a bag of kale or baby spinach.
- Add your protein. I suggest chicken and keeping it simple. You can pick up a pre-cooked rotisserie chicken from the grocery store and pull off the meat and add to the skillet. Or you can add a box of [Brat Hans Organic Chicken Strips](#). Or just poach some chicken breasts by boiling in water for 15 minutes, shredding and throwing in there. Start with two 8oz chicken breasts and adjust up/down based on your kcal/macro goals.
- Add a few tablespoons of the pasta water and stir it all together. Add about 1 cup of feta and salt/pepper to taste. You can also squeeze 1/2 lemon over the whole thing.
- Let it all sit for 5-10 minutes to cool and come together.
- Serve with a simple side salad.



# Guide to Eating Clean for Getting Lean

## JJ'S TOP 20 RECIPES FOR EATING CLEAN AND GETTING LEAN

### 15. FOUR INGREDIENT “VERI VERI” TERIYAKI SHRIMP AND SOBA

This is one of my favorite meal prep treats and it's literally one of the easiest to make. My partner and I were getting tired of our old lunchtime standbys (chicken salad, meat loaf, salmon). Sometimes you just want something that tastes as good as Chinese takeout or ramen but that won't leave you feeling gross and bloated. Try this quick one that only has FOUR ingredients and can be prepped and stored for easy lunches or dinners during the week.

We use soba which is a buckwheat noodle popular in Japan with lots of health benefits (it's gluten free for instance). Most grocery stores carry soba now. You store and prep it just like dried spaghetti. If you don't like or can't find soba you can also use frozen jasmine or frozen brown rice. Now, even though we use “less sodium” sauce, the stuff is still high in sodium. So make sure the rest of your meals for the day are moderate in sodium and always drink plenty of water. Nutritional info and macros follow below.

#### What You Need

- Trader Joe's Argentinian Shrimp (they come deveined with no tails)
- Veri Veri Teriyaki Less Sodium Marinade & Sauce
- Soba noodles
- Frozen broccoli florets

#### What to Do

- Defrost shrimp, put in a bowl and toss with ~1/4 cup of teriyaki sauce and let sit for ~15-30 minutes.
- Boil soba as instructed on the package (we use half of a bundle per entree) and place into your entree containers.
- Dump the shrimp and sauce into a skillet and sauté over medium/high heat for ~3 minutes on each side.
- Put the shrimp and all the liquid from the pan into your containers over the soba.
- Fill the rest of your containers with broccoli.
- Let cool, cover and store in the fridge.
- Microwave for 90s when ready to eat.



# Guide to Eating Clean for Getting Lean

## JJ'S TOP 20 RECIPES FOR EATING CLEAN AND GETTING LEAN

### 16. LOW CARB EGGPLANT "LASAGNA"

One of my nutrition coaching clients in Rochester, New York recently pleaded with me to create a hot and hardy recipe to help her make it through the cold months ahead. Nothing is more warming and filling than lasagna! So my amazing Greek meal prep guru and partner Peter worked out this FANTASTIC adaption of traditional lasagna using eggplant instead of noodles. It's relatively easy to make and when you do you can get at least six solid meals out of it that are easy to save and re-heat for lunches and dinners. So if you're craving some comfort food give this one a try.

#### What You'll Need

- 2 large eggplants
- 1 bag mushrooms (optional)
- 1 jar of your favorite organic tomato sauce
- 1 bag of organic shredded mozzarella cheese
- 2 lbs of lean ground turkey (you can use any meat like pork or beef, tofu or skip it)
- Extra virgin olive oil
- Large lasagna tray (if you don't have one, invest the \$20 and get one)





# Guide to Eating Clean for Getting Lean

## JJ'S TOP 20 RECIPES FOR EATING CLEAN AND GETTING LEAN

### 16. LOW CARB EGGPLANT "LASAGNA" (cont.)

#### What to Do

- Warm two tablespoons of olive oil in a skillet over medium/high heat and brown the meat until there is no pink.
- Slice the eggplants into thin semi-circles.
- In your lasagna dish add layers of:
  - Eggplant circles
  - Tomato sauce
  - Meat
  - Mushrooms
- Bake uncovered for 60-75 minutes at 375 degrees until bubbling.
- Sprinkle one cup of shredded mozzarella on top and cook for another 10 minutes.
- Cool for about 10 minutes before slicing and serving.





# Guide to Eating Clean for Getting Lean

## JJ'S TOP 20 RECIPES FOR EATING CLEAN AND GETTING LEAN

### 17. PROTEIN PANCAKES

These are a special treat at our house that we typically enjoy cooking on Sundays and having the leftovers for the week ahead.

#### What You'll Need

- 3 ripe bananas
- 6 eggs
- 1/3 cup coconut flour
- ~3 scoops of your favorite protein powder (I like [Bio Chem Whey Vanilla](#))
- 1 tsp all spice or cinnamon
- 3/4 cup crushed walnuts (optional)

#### What to Do

Mix all ingredients in a large bowl until blended. Heat on a skillet flipping once. Don't fret if they break a little or don't look perfect, they will still be delicious. This should be enough batter for about 12 pancakes. Typically ~four is a good serving size. Just keep the leftovers in the fridge in plastic bags or covered with plastic wrap and they are a great treat during the week. I usually eat the leftovers cold as snacks or dessert.

They are so simple and delicious that they really don't need any extras like syrup or butter. I do like to spread some greek yogurt on mine from time to time to add some additional protein, but that's optional as are the walnuts.



# Guide to Eating Clean for Getting Lean

## JJ'S TOP 20 RECIPES FOR EATING CLEAN AND GETTING LEAN

### 18. TURKEY AND QUINOA STUFFED PEPPERS

It's no secret that I don't enjoy spending hours in the kitchen on fancy, complicated meals. Whenever possible I opt for simple, fast and easy. However, every once and a while I like to go the extra mile and do something a little special, particularly if I'm cooking dinner for others. So if you're looking to up your ground turkey game beyond meatloaf and turkey sauté check out these amazing (and still healthy!) turkey and quinoa stuffed peppers topped with mozzarella and basil.

#### What You'll Need

- 4-6 peppers (any colors you like; try a mix of green, yellow, orange and red)
- 1/2 cup uncooked quinoa
- Olive oil
- 1 cup chopped onion
- 4 cloves of chopped garlic
- 20 ounces ground turkey breast
- Italian seasoning (or basil, oregano and thyme)
- 8 ounce can of organic tomato sauce
- Shredded mozzarella cheese
- Fresh basil leaves
- Organic black beans (or any kind of bean you like)
- Salt and pepper to taste (I don't add salt, but you may wish to)



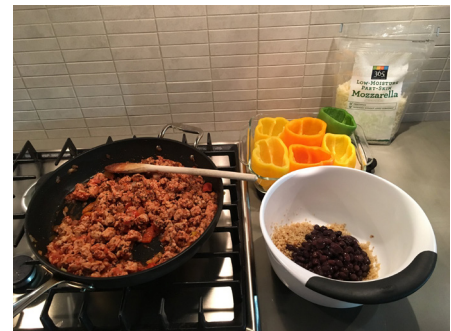
# Guide to Eating Clean for Getting Lean

## JJ'S TOP 20 RECIPES FOR EATING CLEAN AND GETTING LEAN

### 18. TURKEY AND QUINOA STUFFED PEPPERS (cont.)

#### What To Do

- Preheat oven to 350.
- In a small pot add 1 cup of water and 1/2 cup uncooked quinoa and bring to a boil. Cover and reduce to a simmer (low/medium heat) for about 15 minutes stirring with a fork occasionally. Remove lid and let any remaining water cook off. Remove from heat and place quinoa in a large mixing bowl. Drain and add the black beans to the quinoa.
- Slice the tops off the peppers and remove all the insides (seeds and membranes). Dice the edible part of the pepper tops for use later and disregard the rest. Blanch the peppers by submersing them in boiling water for 3-5 minutes in a large pot. Carefully remove with tongs and set upside down to drain. Stand the peppers up by packing them tightly in an oven-safe glass dish.
- In a large skillet heat 1-2 tablespoons of olive over medium/high heat and add the chopped onions, chopped garlic and chopped peppers and stir with a wooden spoon until tender (about 5 minutes). Add the ground turkey and cook until no pink remains. Stir in the tomato sauce. Turn off heat and add salt and black pepper to taste and 1-2 tbs of Italian seasoning.
- Add the contents of the skillet to the bowl with the quinoa and the black beans and thoroughly mix. Using a large spoon fill the peppers with the mixture packing them tight to get as much in them as possible. Top with shredded mozzarella and cover with tinfoil. Bake for 30 minutes. Remove tinfoil and sprinkle chopped fresh basil on top. Cook for another 5 minutes until brown and bubbly.
- Remove from oven and let sit for 10-20 minutes before serving.





# Guide to Eating Clean for Getting Lean

## JJ'S TOP 20 RECIPES FOR EATING CLEAN AND GETTING LEAN

### 19. SUPER SIMPLE ONE PAN WONDER: ROASTED SALMON WITH VEGGIES

[Courtesy of Allison Tibbs Fitness](#)

#### What You'll Need

- Salmon Portions
- Green Beans
- Cherry Tomatoes
- Garlic Cloves, diced
- Lemon Slices

#### What to Do

- Preheat oven to 375 degrees
- Line a baking dish with aluminum foil
- Place salmon in the middle of the dish and season with salt free seasoning and a bit of salt and pepper
- Assemble green beans and sliced tomatoes around the salmon on the baking dish
- Sprinkle diced garlic cloves and add lemon slices on the veggies
- Drizzle veggies with olive oil or use the coconut oil spray. Then add salt free





# Guide to Eating Clean for Getting Lean

## JJ'S TOP 20 RECIPES FOR EATING CLEAN AND GETTING LEAN

### 20. GROUND TURKEY WITH ROASTED BRUSSEL SPROUTS & SWEET POTATOES

[Courtesy of Allison Tibbs Fitness](#)

#### What You'll Need

- Ground Turkey
- Brussel Sprouts
- Sweet Potatoes

#### What to Do

- Preheat oven to 410 degrees and line a cookie sheet with aluminum foil
- Peel and dice sweet potatoes and place on an aluminum foil lined cookie sheet
- Slice brussel sprouts lengthwise and place on baking sheet next to the sweet potatoes
- Drizzle olive oil over veggies and season with salt free seasoning, garlic powder, and cayenne/chili powder. I also like to add a touch of pumpkin pie spice
- Bake for 25-30 minutes
- While the veggies are roasting, brown the ground turkey and season with a bit of salt (I like sea salt or pink Himalayan salt), pepper and any other salt free seasoning
- Add a spoon of the sweet potatoes, brussel sprouts and ground turkey onto a plate
- Top with hot sauce or salsa, if you want more flavor



# Guide to Eating Clean for Getting Lean

## CONTACT

As a [Personal Trainer](#), [Group Fitness Instructor](#) and [Nutrition Coach](#) for the Bay Area's leading fitness brands including [Equinox](#), [Bay Club](#) and [Diakadi](#), JJ customizes each fitness and nutrition plan based on your individual needs. Contact him to schedule a complimentary personal training session, [book a massage appointment](#) or to explore [corporate wellness programs](#).

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