

Food Choices For EATING CLEAN!

Non fat Milk – Organic preferred

Nonfat Greek Yogurt- Trader Joes is less \$ and vanilla is divine

Avocado!!

Edamame

SPINACH!!! Add it to everything

Sun Dried Tomatoes

Fresh Fruit In Season (try to go local and Farmers Market, Market Hall, Alameda Market Place, Whole Foods)

Fresh Vegetables (same as above- from the farm to your table)

Red Leaf lettuce heads- BIG leaves for lettuce wraps

Salsa- make some of your own with tomatoes, cilantro, scallion, lime juice, red pepper, salt, pepper, and chili flakes (add pineapple or mango to flavor it too)

Eggs

Firm Tofu

Whole Wheat Noodles (elbow/fusilli/spaghetti)

Lemons and Limes

Nuts- Almonds, Walnuts, Peanuts (all unsalted OR light sea salt and without sugars or seasonings)

Olive Oil

Whole Wheat Bread – enriched with fiber and protein a plus

Spinach wrap breads/whole wheat wrap bread

Lundberg brown rice cakes

Tea

Simple Brown Rice Crackers- Trader Joes are fantastic

Whole Grain Crackers- Kashi TLC and Garden of Eatin are good

Whole Wheat Pretzels- Trader Joes or Honey Gold are fine

Natural Peanut Butter- Trader Joes/Adams

Natural Soy Nut Butter- Trader Joes good option

Natural Almond Butter- Trader Joes or Whole Foods are great

Whole Fruit for jam (sliced strawberries, mashed blackberries, banana)

Hummus – make own with garbanzos, timarac, cayenne pepper, lime juice, olive oil, cilantro

honey

Beans- Black beans, Garbanzo Beans, Kidney Beans, Fat Free Refried Beans

Cheese- Goat cheese (best!) string cheese, feta, swiss --- all have less fat than Gouda/Cheddar/Brie. Try for 7 grams or less per serving.

Lean Deli Meats—Turkey & Chicken

Trader Joes Box Vegetable soups -Tomato/squash/pepper

Fresh Fish – Salmon, Mahi Mahi, Ahi, Halibut, Trout

Shrimp

Basil, Cilantro, Rosemary, Thyme

Seasonings!!

Balsamic Vinegar

Dried Fruit- Apricots, Cranberries, Raisins, Apple, Figs, Mango

If you have bars – Remember 5 ingredients or less--- KIND and LARA Bars are good options

WATER!! 100 oz daily!!

Ways to incorporate vegetables into your diet:

Add them to your breakfast, lunch and snacks! Add Spinach and tomatoes to eggs, cucumber and bell peppers to sandwiches, chard and scallions to frittatas, fresh mushrooms to tomato soup, lettuce wrapped around bell pepper slices with goat cheese and hummus, bell peppers baked and stuffed with barley/basil/sundried tomatoes and smidge olive oil.

Snack ideas:

- Almonds, dried cranberries, serving TLC crackers
- 8 Honey Wheat Pretzels dipped in 1 tb peanut butter and an Apple
- carrots, cucumber, bell pepper, broccoli with 2 tb hummus
- ½ cup nonfat greek yogurt with 1 cup berries and 1 tb sliced almonds or walnuts
- ½ PB & Fruit wrap – half wrap with 1 tb PB & sliced strawberries
- 2/3 cup nonfat cottage cheese mixed with 1 diced tomato, lemon pepper, and 1 TB of sundried tomatoes.
- Red leaf lettuce spread with hummus, mustard wrapped around grilled chicken/goat cheese

Dinner ideas:

Frittata over spinach salad

BBQ Vegetables & Fish

Quinoa with tofu and grilled vegetables

Fish Tacos

Grilled kabobs, fish burgers, corn salad

Peanut Veggie Stir Fry

Pumpkin Curry Soup with Tofu

Please contact to request any recipe- powerfitnesspdx@gmail.com

** Some food ideas were given by Sandra K. of Fuel & Fitness, and Danielle Paskins of Power Outdoor Fitness. Thank you!*



For additional questions, ideas and thoughts, please contact Erin Kreitz Shirey and Power Fitness PDX – www.powerfitnesspdx.com, powerfitnesspdx@gmail.com, www.powerofyoufitness.blogspot.com and 503.703.1269