

# THE CLEAN EATING NUTRIENT REPLETION DIET

## For Optimal Female Hormone Balance



# WELCOME

I welcome you to start the Clean Eating Nutrient Repletion Diet for Optimal Female Hormone Balance. This dietary nutrition plan is designed to restore nutrient levels in the body by following a clean style of eating. This truly innovative nutrition plan breaks through all dietary barriers and harnesses the power of food to unlock the secrets for optimal female hormone balance.



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# THE CLEAN EATING NUTRIENT REPLETION DIET: GETTING STARTED

Curating change in your life is a powerful step to feeling your best; adopting a new dietary plan can be a transformative part of that journey. Our goal is to ease the transition and give you the materials you need to get started stress-free. Each section of your dietary nutrition plan provides vital information for getting started and healing your body from within. Let's dive into what each section delivers!

## **Section 1: About The Clean Eating Nutrient Repletion Diet**

Discover how the Clean Eating Nutrient Repletion Diet goes beyond traditional eating habits to provide a powerful framework for enhancing your health and well-being. Managing your health isn't just about cutting food groups or following a fad diet; it's about fueling your body with the right kinds of nutrients for sustainable health! In this section, you'll lay the groundwork for understanding what the Clean Eating Nutrient Repletion Diet is.

## **Section 2: Foods To Eat & Avoid List**

Understanding what to eat and avoid is crucial for maintaining a nutrient-rich diet. Our comprehensive list highlights the foods that fuel your body; at the same time, it identifies foods that can undermine your progress and flare your symptoms. The foods to eat and avoid list allows you to make informed choices, empowering you to embrace a diet that supports your health and fits seamlessly into your lifestyle.

## **Section 3: Nutrients & Food Sources**

Get to know the essential nutrients that form the foundation of the Clean Eating Nutrient Repletion Diet and the whole foods that provide them. From phytonutrients and antioxidants to essential vitamins and minerals, this section breaks down 125 key nutrients your body needs for optimal performance. Explore the best natural food sources of these nutrients and learn how each nutrient affects your health. With this knowledge, you'll feel confident building a nutrient repletion diet that nourishes your body and supports your health goals.

## **Section 4: Nutritional Supplements**

While food is the cornerstone of long-lasting health, nutritional supplements can help fill in the gaps to ensure your body gets everything it needs along the way. This section provides tailored recommendations for supplements that complement the Clean Eating Nutrient Repletion Diet. You'll gain the knowledge on which professional-grade supplements to take, when to take them, and how they work alongside your diet to enhance overall wellness. With the right nutritional supplement support, you'll amplify your results and feel your best.

## **Section 5: Food Swap Brand Guide**

Making healthier choices doesn't always mean sacrificing taste or convenience. In this section, we've curated a list of better-for-you food brand swaps. If you're looking to learn how to trade processed, nutrient-poor foods for nutrient-dense options, this guide makes the process simple. Discover trusted brands that align with your health goals and make it easier than ever to stock your pantry with nourishing, nutrient-dense ingredients and foods.

## **Section 6: Clean Eating Nutrient-Dense Recipes**

Transform your kitchen into a hub of vibrant flavors and healthy eating with our curated collection of 30 nutrient-dense recipes. Packed with nutrient-dense ingredients, these recipes are designed to help you meet your health goals without sacrificing taste or enjoyment. Each recipe is easy to follow and crafted to support a balanced, delicious approach to optimal health.

## **Section 7: Nutrition Worksheets**

Eating nutrient-dense foods can have a profound impact on your overall wellness goals. Track your progress in the provided nutrition worksheets so you can visualize your health journey.

# THE CLEAN EATING NUTRIENT REPLETION DIET: A SIMPLE, DELICIOUS WAY TO SUPPORT FEMALE HORMONE BALANCE

If you're looking for a way to support your hormones without feeling like you're on a restrictive "diet," the Clean Eating Nutrient Repletion Diet might be exactly what you need. Hormones are like your body's tiny messengers, and when they're out of sync, everything—from energy levels to mood—can feel off. What you eat plays a massive role in getting those hormones back on track. Picture this: instead of stressing over restrictive meal plans, you're filling your plate with vibrant, nutrient-packed foods that actually taste good—and make you feel even better. It's not a fad or a passing trend—it's a sustainable lifestyle rooted in balance, flavor, and nutrient-dense foods. Let's talk about what makes this diet so effective and how you can get started without feeling overwhelmed.

## What IS the Clean Eating Nutrient Repletion Diet?

At its core, the Clean Eating Nutrient Repletion Diet is about consuming whole, minimally processed foods. Think fresh vegetables, lean proteins, healthy fats, and whole grains—the kind of foods your body was designed to thrive on. The Clean Eating Nutrient Repletion Diet primarily focuses on whole foods, but also allows minimally processed foods with less than 7 ingredients, providing flexibility in the real world. Organic, grass-fed, wild-caught, no antibiotics, no hormones, no artificial additives, and Non-GMO are all words to look for on food packaging.

## Why Nutrient-Dense Foods Matter

When you're starting a diet focused on balancing female hormones, it's not just about cutting out food groups. It's about focusing on foods that are rich in fiber, vitamins, and minerals, and other essential nutrients.

Why? These foods don't just fill you up—they nourish your body in a way that supports optimal weight loss. Specific vitamins and minerals, for instance, help improve hormone metabolism. Healthy fats? They keep you satisfied longer. And let's not forget protein—it's the building block to a better body composition.

## How We Make It Easy

We're here to help simplify the process of getting started. Whether you're new to the diet or just looking for fresh ideas, our curated food lists, recipes, and shopping guides are designed to make it easy. No guesswork, no stress—just real, wholesome food that supports your health and fits your life.

Plus, we believe that healthy eating should feel like a joy, not a chore. That's why our resources focus on meals you'll actually want to eat.

The Clean Eating Nutrient Repletion Diet is more than a way of eating—it's a lifestyle that prioritizes fresh, flavorful food and mindful choices. It's about enjoying every meal while nourishing your body in the best way possible.



### \*\*\*Optional: Unlocking the Benefits of Intermittent Fasting\*\*\*

Intermittent fasting (IF) is an eating pattern that cycles between periods of eating and fasting. It's not a strict diet that limits what you eat, but rather when you eat. The idea is to give your digestive system a rest and allow your body to focus on other important processes, like cellular repair. If you're looking for a way to enhance your nutrient repletion dietary results, intermittent fasting could be the boost you need!

## How to Integrate Intermittent Fasting into Your Clean Eating Nutrient Repletion Diet

Incorporating intermittent fasting into your Clean Eating Nutrient Repletion Diet requires no changes to what you eat, only when you eat.

- 1 Choose a Time Period:** There are many different time periods, but a few popular ones are the 12/12, 16/8, and 18/6 options. You will know which option is right for you. Only some people can work up to the 18/6 time period option. If after 3-4 weeks you are still feeling sluggish, consider adjusting your routine
  - 12/12 Period: Fast for 12 hours and eat within a 12-hour window each day.
  - 16/8 Period: Fast for 16 hours and eat within an 8-hour window each day.
  - 18/6 Period: Fast for 18 hours and eat within a 6-hour window each day.
- 2 Listen to Your Body:** Pay attention to how you feel. If you're excessively dizzy, lightheaded, nauseous, weak, or painfully hungry, adjust your fasting schedule or eat a small, nutrient-dense snack. It's worth noting that you might feel sluggish the first few days as your body transitions to metabolic switching and burning more fat for energy. We recommend initially starting on the 12/12 time period and gradually increasing to the next time period option if you feel comfortable with it.
- 3 Less Is Not More:** Intermittent fasting typically does NOT restrict your caloric intake. In fact, it's vital to intake various nutrient-dense foods during eating windows to fuel your body properly.
- 4 Hydration & Electrolytes:** Drink plenty of water and electrolytes throughout the day, especially during fasting periods.

## FOODS TO EAT & AVOID LIST



	EAT	LIMIT	AVOID
<b>MEATS &amp; POULTRY</b>			
Beef	x		
Bison	x		
Bologna			x
Chicken	x		
Chicken Liver	x		
Chorizo		x	
Deer/Venison	x		
Duck	x		
Eggs-Chicken	x		
Eggs-Duck	x		
Eggs-Quail	x		
Elk	x		
Goat	x		
Ham		x	
Lamb	x		
Pepperoni			x
Pork	x		
Pork Bacon		x	
Pork Sausage			x
Prosciutto		x	
Salami			x
Turkey	x		
Turkey Bacon		x	
Turkey Sausage			x
Veal	x		
<b>SEAFOOD</b>			
Anchovies	x		
Bass	x		
Catfish	x		
Caviar	x		

	EAT	LIMIT	AVOID
Clams	x		
Cod	x		
Crawfish	x		
Eel	x		
Flounder	x		
Grouper	x		
Haddock	x		
Halibut	x		
Herring	x		
King Crab	x		
Lobster	x		
Mackerel	x		
Mahi Mahi	x		
Monkfish	x		
Mussels	x		
Octopus	x		
Oyster	x		
Perch	x		
Pike	x		
Salmon	x		
Sardines	x		
Scallops	x		
Sea Bass	x		
Shark	x		
Shrimp	x		
Snapper	x		
Snow Crab	x		
Softshell Crab	x		
Squid	x		
Swordfish	x		
Tilapia	x		
Trout	x		



	EAT	LIMIT	AVOID
Tuna, Canned	x		
Tuna, Fresh	x		
Whitefish	x		
Yellowtail	x		
<b>DAIRY</b>			
Butter-Grass-Fed		x	
Buttermilk		x	
Camembert		x	
Cheddar Cheese			x
Cottage Cheese		x	
Cream Cheese			x
Evaporated Milk		x	
Feta		x	
Goat Cheese		x	
Gorgonzola		x	
Greek Yogurt		x	
Gruyere		x	
Half & Half		x	
Heavy Whipping Cream		x	
Kefir		x	
Mozzarella		x	
Parmesan		x	
Provolone Cheese		x	
Ricotta		x	
Romano Cheese		x	
Sheep Cheese		x	
Sour Cream		x	
Swiss Cheese		x	
Whey Protein Isolate		x	
Yogurt-Unsweetened		x	

	EAT	LIMIT	AVOID
<b>BEVERAGES</b>			
Almond Milk	x		
Black Tea	x		
Cashew Milk	x		
Chai Tea	x		
Chamomile Tea	x		
Coconut Milk	x		
Coffee	x		
Cow's Milk		x	
Ginger Tea	x		
Goat's Milk		x	
Green Tea	x		
Hemp Milk	x		
Hibiscus Tea	x		
Kombucha	x		
Macadamia Milk	x		
Matcha	x		
Mushroom Coffee		x	
Oat Milk	x		
Oolong Tea	x		
Pea Milk	x		
Rice Milk	x		
Rooibos Tea	x		
Sheep's Milk		x	
Soy Milk	x		
White Tea	x		
Yerba Mate	x		
<b>GLUTEN-FREE GRAINS</b>			
Amaranth	x		
Arborio Rice	x		
Basmati Rice	x		

	EAT	LIMIT	AVOID
Black Rice	x		
Brown Rice	x		
Buckwheat	x		
Corn	x		
Jasmine Rice	x		
Millet	x		
Muesli	x		
Oats	x		
Quinoa	x		
Sorghum	x		
Teff	x		
White Rice		x	
Wild Rice	x		

### GLUTEN-CONTAINING GRAINS

Barley		x	
Bulgur		x	
Einkorn Whole Wheat		x	
Farro/Emmer		x	
Kamut		x	
Rye		x	
Semolina		x	
Spelt		x	
Whole Wheat		x	

### FLOURS & STARCHES

Almond Flour	x		
Almond Meal	x		
Arrowroot Starch	x		
Buckwheat Flour	x		
Cassava Flour	x		
Chickpea Flour/Besan	x		
Coconut Flour	x		

	EAT	LIMIT	AVOID
Cornmeal	x		
Cornstarch	x		
Oat Flour	x		
Potato Starch	x		
Rice Flour	x		
Soy Flour	x		
Tapioca Starch	x		
Whole Wheat Flour	x	x	

## LEGUMES

Bean Sprouts	x		
Black Beans	x		
Black-Eyed Peas	x		
Chickpeas/Garbanzo Beans	x		
Chili Beans	x		
Fava Beans	x		
Great Northern Beans	x		
Green Peas	x		
Kidney Beans	x		
Lentils	x		
Lima Beans	x		
Mung Beans	x		
Navy Beans	x		
Peanuts	x	x	
Pinto Beans	x		
Soybeans	x		
Split Peas	x		

## NUTS

Almonds	x		
Brazil Nuts	x		
Cashews	x		
Chestnuts	x		



	EAT	LIMIT	AVOID
Hazelnuts	x		
Macadamia Nuts	x		
Pecans	x		
Pili Nuts	x		
Pine Nuts	x		
Pistachios	x		
Tiger Nuts	x		
Walnuts	x		

## SEEDS

Cacao	x		
Chia Seeds	x		
Flax Seeds	x		
Hemp Seeds	x		
Poppy Seeds	x		
Pumpkin Seeds	x		
Sesame Seeds	x		
Sunflower Seeds	x		

## FRUITS

Acai	x		
Apples	x		
Apricot		x	
Avocado	x		
Banana	x		
Blackberry	x		
Blackcurrant	x		
Blueberry	x		
Boysenberry	x		
Cantaloupe	x		
Cherry	x		
Coconut	x		
Cranberry	x		
Currant	x		

	EAT	LIMIT	AVOID
Date		x	
Dragon Fruit	x		
Elderberry	x		
Fig	x		
Goji Berry	x		
Grapefruit	x		
Grapes	x		
Guava	x		
Honeydew Melon	x		
Jackfruit	x		
Kiwi	x		
Kumquat	x		
Lemon	x		
Lime	x		
Lychee	x		
Mandarin Orange	x		
Mango		x	
Nectarine	x		
Orange	x		
Papaya		x	
Passionfruit	x		
Peach	x		
Pear	x		
Persimmon	x		
Pineapple		x	
Plantain	x		
Plum	x		
Pomegranate	x		
Raisin		x	
Raspberry	x		
Strawberry	x		
Tangerine	x		
Watermelon		x	

	EAT	LIMIT	AVOID
VEGETABLES			
Artichoke	x		
Arugula	x		
Asparagus	x		
Banana Peppers	x		
Beets	x		
Bell Peppers	x		
Black Olives	x		
Bok Choy	x		
Broccoli	x		
Broccolini	x		
Brussels Sprouts	x		
Butternut Squash	x		
Cabbage	x		
Carrots	x		
Cauliflower	x		
Celery	x		
Chard	x		
Collard Greens	x		
Cucumber	x		
Dandelion Greens	x		
Delicata Squash	x		
Edamame	x		
Eggplant	x		
Endive	x		
French Beans	x		
Garlic	x		
Gold Potatoes	x		
Green Beans	x		
Green Olives	x		
Green Onions	x		
Habanero Peppers	x		

	EAT	LIMIT	AVOID
Horseradish	x		
Iceberg Lettuce	x		
Jalapenos	x		
Jicama	x		
Kale	x		
Kelp	x		
Leeks	x		
Lemongrass	x		
Mushrooms-Button	x		
Mushrooms-Cremeni	x		
Mushrooms-Maitake	x		
Mushrooms-Porcini	x		
Mushrooms-Portobello	x		
Mushrooms-Shiitake	x		
Mustard Greens	x		
New Potatoes	x		
Okra	x		
Onions	x		
Parsnip	x		
Poblano Peppers	x		
Pumpkin	x		
Radish	x		
Rhubarb	x		
Romaine Lettuce	x		
Rutabaga	x		
Sauerkraut	x		
Serrano Peppers	x		
Shallots	x		
Snow Peas	x		
Spinach	x		
Sugar Snap Peas	x		
Sweet Potatoes	x		
Tomatillo	x		



	EAT	LIMIT	AVOID
Tomato	x		
Turnip	x		
Wasabi	x		
Water Chestnut	x		
Watercress	x		
Whole Wheatgrass	x		
White Potatoes	x		
Winter Squash	x		
Yam	x		
Yellow Squash	x		
Zucchini	x		

### SPICES & SEASONINGS

Allspice	x		
Anise	x		
Black Pepper	x		
Cardamom	x		
Carob Powder	x		
Cayenne Pepper	x		
Celery Salt	x		
Celery Seed	x		
Chili Powder	x		
Cinnamon	x		
Cloves	x		
Cocoa Nibs	x		
Cocoa Powder	x		
Coriander	x		
Crushed Red Pepper	x		
Cumin	x		
Curry Powder	x		
Dill Seed	x		
Fenugreek Seeds	x		
Garam Masala	x		

	EAT	LIMIT	AVOID
Garlic Powder	x		
Garlic Salt	x		
Ginger	x		
Mustard Powder	x		
Mustard Seeds	x		
Nutmeg	x		
Onion Powder	x		
Paprika	x		
Saffron	x		
Sumac	x		
Turmeric	x		
Vanilla	x		
Wasabi Powder	x		
White Pepper	x		
Zaatar Spice	x		

## HERBS

Basil	x		
Bay Leaves	x		
Chives	x		
Cilantro	x		
Dill	x		
Fennel	x		
Fenugreek	x		
Lemongrass	x		
Marjoram	x		
Mint	x		
Oregano	x		
Parsley	x		
Rosemary	x		
Sage	x		
Tarragon	x		
Thyme	x		

	EAT	LIMIT	AVOID
<b>SUGARS &amp; SWEETENERS</b>			
Agave		x	
Allulose		x	
Beet Sugar		x	
Brown Sugar		x	
Coconut Sugar		x	
Date Sugar		x	
Erythritol		x	
Honey		x	
Maltitol		x	
Mannitol		x	
Maple Syrup		x	
Molasses		x	
Monk Fruit Extract	x		
Powdered Sugar			x
Raw Cane Sugar		x	
Sorbitol		x	
Stevia	x		
Sucrose (White Sugar)			x
Xylitol		x	
<b>OILS &amp; FATS</b>			
Almond Oil	x		
Avocado Oil	x		
Beef Tallow	x		
Butter-Grass-Fed		x	
Canola Oil		x	
Coconut Oil	x		
Corn Oil		x	
Duck Fat	x		
Flaxseed Oil		x	
Ghee	x		

	EAT	LIMIT	AVOID
Grapeseed Oil	x		
Lard, Pork	x		
MCT Oil	x		
Olive Oil	x		
Palm Kernel Oil		x	
Palm Oil		x	
Peanut Oil		x	
Pecan Oil	x		
Rice Bran Oil		x	
Safflower Oil		x	
Sesame Oil	x		
Soybean Oil		x	
Sunflower Oil	x	x	
Vegetable Oil		x	
Walnut Oil	x		

### CONDIMENTS & OTHER

Almond Extract	x		
Apple Cider Vinegar	x		
Balsamic Vinegar	x		
Brewer's Yeast	x		
Coconut Aminos		x	
Gluten Free Soy Sauce/Tamari		x	
Nutritional Yeast	x		
Red Wine Vinegar	x		
Rice Vinegar	x		
Seaweed	x		
Vanilla Extract	x		
White Wine Vinegar	x		

# NUTRIENTS & FOOD SOURCES FOR OPTIMAL FEMALE HORMONE BALANCE



## NUTRIENT REPLETION FOR OPTIMAL FEMALE HORMONE BALANCE

Focusing on nutrient-dense foods that nourish your body is the most powerful step in achieving balanced hormones. Imbalanced female hormones can lead to chronic fatigue, PMS, and weight gain.

The Clean Eating Nutrient Repletion Diet focuses on 125 key nutrients, from phytonutrients and antioxidants to essential vitamins and minerals. By incorporating these nutrients and the whole food sources of these nutrients into your dietary plan, you give your body the resources it needs for balanced hormones and overall health.

### ***What are the benefits of nutrient repletion for optimal female hormone balance?***

- Increased energy
- Better and more stable mood
- Less PMS symptoms
- Fewer menopause symptoms
- Increased weight loss

### ***How do targeted nutrients impact female hormone regulation?***

- Balances estrogen & progesterone hormones
- Improves thyroid hormone metabolism
- Improves insulin sensitivity & blood sugar metabolism
- Improves hormone metabolism & detoxification



# VITAMINS

NUTRIENTS	BENEFITS	CLEAN EATING DIET APPROVED FOOD SOURCES
Vitamin A	Improves Thyroid & Progesterone Production	Chicken, Carrots, Spinach, Sweet Potatoes, Parsley, Cilantro
Vitamin B1	Reduces Duration & Amount of Menstrual Bleeding	Pork, Salmon, Brown Rice, Garlic, Asparagus
Vitamin B2	Improves Estrogen Production	Salmon, Tuna, Almonds, Avocado, Broccoli
Vitamin B3	Improves Excess Estrogen Detoxification	Chicken, Salmon, Chia Seeds, Avocado, Tomatoes
Vitamin B5	Improves Adrenal Cortisol Production	Chicken, Salmon, Eggs, Lentils, Cauliflower
Vitamin B6	Reduces PMS Irritability & Mood Imbalances	Salmon, Brown Rice, Sweet Potatoes, Avocado, Banana
Vitamin B12	Improves Egg Production & Fertility	Beef, Tuna, Salmon, Eggs
Biotin	Improves Insulin Sensitivity	Salmon, Eggs, Almonds, Sunflower Seeds, Spinach
Folate	Increases Progesterone Production	Lentils, Chickpeas, Asparagus, Spinach, Broccoli, Cilantro
Inositol	Regulates Menstrual Cycle & Improves PCOS	Oats, Almonds, Oranges, Cantaloupe, Prunes
Vitamin C	Improves Progesterone Production & Fertility	Bell Peppers, Brussel Sprouts, Guava, Kiwi, Strawberries



NUTRIENTS	BENEFITS	CLEAN EATING DIET APPROVED FOOD SOURCES
Vitamin D	Improves Menopause & PCOS Symptoms	Salmon, Tuna, Mackerel, Eggs, Crimini Mushrooms
Vitamin E	Improves Menopause Hot Flashes & Insomnia	Shrimp, Almonds, Sunflower Seeds, Avocado, Spinach
Vitamin K1	Improves Irregular Menstrual Bleeding	Kale, Broccoli, Brussels Sprouts, Cabbage, Parsley, Cilantro
Vitamin K2	Improves Estrogen Metabolism & Bone Health	Eggs, Soybean, Spinach, Kale, Kiwi, Paprika



# MINERALS

NUTRIENTS	BENEFITS	CLEAN EATING DIET APPROVED FOOD SOURCES
Boron	Improves Bone Health	Avocado, Peaches, Pears, Grapes, Apples
Calcium	Improves Bone Health	Soybeans, Spinach, Olives, Figs
Chloride	Improves Electrolyte Status	Chickpeas, Olives, Celery, Tomatoes, Seaweed
Chromium	Improves Insulin Sensitivity	Turkey, Oats, Potatoes, Broccoli, Green Beans
Copper	Improves Absorption of Iron	Oysters, Lobster, Salmon, Shiitake Mushrooms, Chickpeas
Iodine	Improves Thyroid Hormone Metabolism	Cod, Shrimp, Tuna, Navy Beans, Seaweed
Iron	Improves Anemia & Chronic Fatigue	Beef, Oysters, Quinoa, Apricot, Spinach
Lithium	Minimal Benefit	Hazelnuts, Lentils, Green Cabbage, Tomatoes, Cumin
Magnesium	Improves Overall Female Hormone Balance	Tuna, Brown Rice, Pumpkin Seeds, Almonds, Spinach
Manganese	Reduces PMS Cramps & Mood Swings	Mussels, Wheat Germ, Brown Rice, Pine Nuts, Chickpeas
Molybdenum	Improves Reproductive Hormone Production	Beef, Eggs, Black-Eyed Peas, Lima Beans, Banana

NUTRIENTS	BENEFITS	CLEAN EATING DIET APPROVED FOOD SOURCES
Phosphorus	Improves Bone Health	Chicken, Tuna, Scallops, Quinoa, Soybeans
Potassium	Improves Menstrual Regularity	Salmon, White Beans, Avocado, Beet Greens, Tomatoes
Selenium	Improves Thyroid Hormone Metabolism	Pork Chops, Tuna, Shrimp, Whole Wheat, Brazil Nuts
Silicon	Improves Bone Health	Wheatgrass, Asparagus, Swiss Chard, Cauliflower, Tomatoes
Sodium	Improves Electrolyte Status	Clams, Pickled Cucumber, Sunflower Seeds
Strontium	Improves Bone Health	Wheat Bran, Brazil Nuts, Carrots, Garlic, Red Beets
Vanadium	Improves Insulin Sensitivity	Lobster, Eggs, Whole Wheat, Garlic, Black Pepper
Zinc	Improves Testosterone, Progesterone, & Estrogen	Oysters, Beef, Chicken, Oatmeal, Lentils





## AMINO ACIDS & METABOLITES

NUTRIENTS	BENEFITS	CLEAN EATING DIET APPROVED FOOD SOURCES
Alanine	Improves Body Compositio	Chicken, Salmon, Avocado, Hemp Seeds, Chia Seeds
Arginine	Improves Female Sexual Arousal & Lubrication	Turkey, Tuna, Almonds, Chickpeas, Soybeans
Asparagine	Minimal Benefit	Chicken, Eggs, Shrimp, Soybeans, Asparagus
Aspartic Acid	Increases Testosterone Hormone Production	Beef, Tuna, White Beans, Sweet Potatoes, Nectarines
Carnosine	Improves Muscle Health	Beef, Pork, Chicken, Turkey
Carnitine	Improves PCOS & Insulin Sensitivity	Beef, Chicken, Cod, Whole Wheat, Asparagus
Citrulline	Improves Female Sexual Arousal & Lubrication	Squash, Pumpkin, Cucumbers, Watermelon
Cysteine	Improves Hormone Metabolism	Pork, Tuna, Lentils, Sunflower Seeds, Carrots
Glutamic Acid	Minimal Benefit	Chicken, Almonds, Tomatoes, Beets
Glutamine	Improves Human Growth Hormone Production	Chicken, Eggs, Beets, Red Cabbage, Bone Broth
Glutathione	Improves Hormone Metabolism & Detoxification	Avocado, Asparagus, Spinach, Green Beans, Cucumber

NUTRIENTS	BENEFITS	CLEAN EATING DIET APPROVED FOOD SOURCES
Glycine	Improves Mood & Sleep	Chicken, Tuna, Navy Beans, Hemp Seeds, Almonds
Histidine	Improves Energy	Pork, Tuna, Eggs, Whole Wheat, Navy Beans
Isoleucine	Improves Body Composition	Chicken, Tuna, Lentils, Green Peas, Spinach
Leucine	Improves Body Composition	Chicken, Tuna, Eggs, Soybeans, Navy Beans
Lysine	Reduces Menopausal Hot Flashes	Chicken, Tuna, Crab, Soybeans
Methionine	Improves Estrogen Synthesis	Turkey, Tuna, Quinoa, Brazil Nuts, White Beans
Phenylalanine	Improves GLP-1 Hormone Secretion	Pork, Tuna, Pinto Beans, Pumpkin Seeds, Sweet Potatoes
Proline	Improves Estrogen Production	Turkey, Soybeans, Black Beans, Almonds, Apricot
Serine	Regulates Estrogen Receptor Signaling	Lamb, Lima Beans, Spirulina, Sweet Potatoes, Kiwi
Taurine	Improves Excess Estrogen Detoxification	Cod, Shrimp, Tuna, Eggs, Seaweed
Threonine	Minimal Benefit	Beef, Tuna, Eggs, Soybeans, Green Peas
Tryptophan	Improves Serotonin Levels & Mood	Turkey, Salmon, Eggs, Oatmeal, Soybeans



NUTRIENTS	BENEFITS	CLEAN EATING DIET APPROVED FOOD SOURCES
Tyrosine	Improves Dopamine Levels & Mood	Chicken, Salmon, Wild Rice, White Beans, Soybeans
Valine	Improves Body Composition	Beef, Tuna, Oatmeal, Pinto Beans, Green Beans





## FATTY ACIDS & OTHER NUTRIENTS

NUTRIENTS	BENEFITS	CLEAN EATING DIET APPROVED FOOD SOURCES
Alpha Lipoic Acid	Improves Menstrual Regularity & Insulin Sensitivity	Beef, Carrots, Beets, Tomatoes, Brussels Sprouts
Choline	Improves Mood Balance	Salmon, Shrimp, Eggs, Broccoli, Green Peas
CoQ10	Reduces PCOS Symptoms	Beef, Pork, Sardines, Olive Oil, Sesame Seeds
MCT Oil	Increases GLP-1 Hormone Secretion	Coconut Oil, Coconut, Walnuts, Chia Seeds, Flax Seeds
Omega 3	Improves Estrogen & Progesterone Production	Salmon, Tuna, Flax Seeds, Chia Seeds, Walnuts
Omega 6	Reduces PMS Symptoms	Walnuts, Pumpkin Seeds, Sunflower Seeds, Hemp Seeds
Omega 9	Reduces Inflammation	Olive Oil, Avocado Oil, Almonds, Cashews, Avocados



## PHYTONUTRIENTS

NUTRIENTS	BENEFITS	CLEAN EATING DIET APPROVED FOOD SOURCES
a-Carotene	Dietary Intake Reduces Breast Cancer Risk	Carrots, Pumpkin, Oranges, Tangerines
Allicin	Regulates Menstrual Cycle & Improves PMS	Garlic
Apigenin	Improves Ovarian Function	Celery, Artichokes, Parsley, Chamomile, Oregano
Astaxanthin	Improves Estrogen & Progesterone Secretion	Salmon, Shrimp, Crab, Lobster
B-Carotene	Dietary Intake Reduces Breast Cancer Risk	Carrots, Kale, Swiss Chard, Grape Leaves, Cantaloupe
Beta-Glucan	Improves Prolactin Production	Whole Wheat, Shiitake Mushrooms, Nutritional Yeast
Betacyanin	Improves Cardiovascular Health	Amaranth, Red Beets, Swiss Chard
Caffeic Acid	Reduces PCOS Symptoms	Artichokes, Olive Oil, Basil, Oregano, Red Pepper, Rosemary
Capsaicin	Improves Thermogenesis	Chili Peppers, Cayenne Pepper, Red Pepper
Carnosol	Reduces Inflammation	Rosemary, Sage, Basil, Thyme
Carvacrol	Reduces PCOS Symptoms	Oregano, Thyme



NUTRIENTS	BENEFITS	CLEAN EATING DIET APPROVED FOOD SOURCES
Catechins	Improves Endometriosis	Almonds, Grapes, Blackberries, Tea, Nutmeg, Rosemary, Oregano
Chlorogenic Acid	Reduces Hot Flashes and Night Sweats	Strawberries, Blueberries, Pineapple, Coffee, Cinnamon
Chlorophyllin	Improves Cellular Detoxification & Energy	Kiwi, Spinach, Kale, Chlorella, Spirulina
Chrysin	Increases Progesterone & Luteinizing Hormones	Honey, Mushrooms, Carrots, Bitter Melon, Mint
Cinnamic Acid	Improves Insulin Sensitivity	Cinnamon
Crocin	Improves Endometriosis	Saffron
Curcumin	Improves PCOS & Reduces Inflammation	Turmeric
Cyanidin	Reduces Hot Flashes	Apples, Pears, Cranberries, Blackberries, Cherries
DIM	Metabolizes Beneficial Estrogen	Broccoli, Cauliflower, Cabbage, Kale, Brussels Sprouts
Ellagitannins	Improves Estrogen Metabolism	Strawberries, Blueberries, Raspberries, Green Tea, Black Tea
Ferulic Acid	Interacts with Estrogen Receptors	Oats, Red Apples, Oranges, Pineapple, Artichoke, Spinach
Fisetin	Increases Progesterone & Luteinizing Hormones	Strawberries, Apples, Kale, Onions, Persimmon

NUTRIENTS	BENEFITS	CLEAN EATING DIET APPROVED FOOD SOURCES
Gallic Acid	Improves PCOS & Endometriosis	Mangoes, Strawberries, Rhubarb, Green Tea, Cloves, Allspice
Genistein	Acts as a Phytoestrogen	Soybeans, Chickpeas, Lentils, Alfalfa Sprouts
Gingerol	Improves PCOS	Ginger
Hesperidin	Regulates FSH & LH Hormones	Oranges, Lemon, Lime, Grapefruit
Indole-3-Carbinol	Improves Hormone Metabolism	Broccoli, Cauliflower, Cabbage, Kale, Brussels Sprouts
Inulin	Improves Irregular Periods & Acne	Whole Wheat, Banana, Asparagus, Onion, Leeks, Garlic
Kaempferol	Acts as a Phytoprogestin	Tomatoes, Black Tea, Capers, Cumin, Cardamom, Cloves
Lignans	Inhibits Aromatase Enzymes	Whole Wheat, Barley, Flax Seeds, Sesame Seeds, Asparagus
Limonene	Reduces Inflammation	Cherries, Garlic, Celery, Rosemary, Dill, Basil
Lutein	Increases Estrogen, Progesterone, & LH Hormones	Pumpkin, Mangoes, Papayas, Spinach, Romaine Lettuce
Luteolin	Inhibits Aromatase Enzymes	Beets, Celery, Thyme, Parsley, Rosemary, Cardamom, Chamomile
Lycopene	Inhibits Estrogen Signaling Pathways	Grapefruit, Watermelon, Apricots, Olives, Tomatoes, Carrots

NUTRIENTS	BENEFITS	CLEAN EATING DIET APPROVED FOOD SOURCES
Malic Acid	Improves ATP Energy Production	Apples, Apple Cider Vinegar
Matairesinol	Acts as a Phytoestrogen	Flax Seeds, Sesame Seeds, Strawberries, Broccoli
Menthol	Reduces Testosterone & Menstrual Cramps	Peppermint, Spearmint, Mint
Myricetin	Improves PCOS	Cranberries, Goji Berries, Fennel, Parsley, Carob
Oleanolic Acid	Improves Bone Health	Garlic, Cloves
Oleuropein	Improves Endometriosis	Olive Oil
Pectins	Improves GLP-1 Hormone Production	Green Peas, Carrots, Tomatoes, Potatoes, Apple Skin
Phytic Acid	Minimal Benefit	Whole Wheat, Almonds, Cashews, Pecans, Soybean
Phytosterols	Improves Thyroid Hormone Metabolism	Wheat Germ, Flax Seeds, Almonds, Walnuts, Olive Oil
Piperine	Increases Nutrient Absorption	Black Pepper
Proanthocyanidins	Improves Ovarian Function	Almonds, Grapes, Blackberries, Green Tea, Cocoa
Pterostilbene	Improves Estrogen Metabolism	Almonds, Blueberries, Grapes

NUTRIENTS	BENEFITS	CLEAN EATING DIET APPROVED FOOD SOURCES
Quercetin	Improves Endometriosis & Menstrual Cramps	Apples, Cranberries, Onion, Green Tea, Black Tea, Cardamom
Resveratrol	Acts as a Phytoestrogen	Grapes, Blueberries, Raspberries
Rutin	Increases Estrogen and Estrogen Receptor Levels	Lemon, Limes, Olives, Asparagus, Tomatoes, Parsley
Salicylic Acid	Reduces Inflammation	Cumin, Curry, Dill, Oregano, Paprika, Thyme, Rosemary
Saponins	Acts as a Phytoestrogen	Oats, Quinoa, Chickpeas, Kidney Beans, Spinach, Garlic, Onion
Silymarin	Improves Hormone Metabolism	Artichokes
Sulforaphane	Improves Hormone Metabolism	Broccoli, Cauliflower, Cabbage, Kale, Brussels Sprouts
Tannic Acid	Reduces Adrenal Cortisol Production	Chickpeas, Almonds, Pomegranate, Blackberries, Raspberries
Thymol	Improves Endometriosis	Basil, Oregano, Cloves, Thyme
Ursolic Acid	Provides Anti-Estrogenic Activity	Cranberries, Prunes, Basil, Oregano, Lavender, Peppermint
Vanillic Acid	Improves PCOS	Vanilla Beans, Cloves
Zeaxanthin	Reduces Hot Flashes	Kale, Spinach, Swiss Chard, Collards, Mustard Greens

# FEMALE HORMONE SUPPORT NUTRITIONAL SUPPLEMENTS



SUPPLEMENT	BRAND	DOSAGE
Multi w/o Iron	Select Formulations	AM Packet - 2 capsules
D3 5000	Select Formulations	AM Packet - 1 softgel
Omega Oil Mono 650	Select Formulations	AM Packet - 1 softgel
FemHormone Balance	Select Formulations	AM Packet - 1 capsule
Magnesium Chelate	Select Formulations	AM Packet - 1 capsule PM Packet - 1 capsule
Hormone Support	Select Formulations	PM Packet - 1 capsule
Relaxation Support	Select Formulations	PM Packet - 2 capsules



**Our daily supplement packets make taking your supplements easier than ever. You will receive 30 daily AM & PM supplement packets - no more organizing multiple supplement bottles each day.**

**\*Disclaimer:** These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease. Talk to your physician before starting any nutritional supplement protocols.



# FOOD SWAP BRAND GUIDE



## What is the Food Swap Brand Guide?

The Food Swap Brand Guide is your go-to resource for discovering 700+ brands that offer nutrient-dense foods and ingredients; it's designed to help you make healthier choices without sacrificing the foods you love. The brands in this guide prioritize quality ingredients and superior nutrition profiles, making it easier than ever to swap out nutrient-poor foods for nutrient-dense foods. From protein bars to bread, pasta, chips, and more, you'll find options with better-for-you ingredients that don't compromise taste. These brands aren't exclusive to specialty grocery stores either; we chose options that range from Whole Foods and Trader Joe's to Target, Aldi, Walmart, Thrive Market, Amazon, Kroger, and more!

The Food Swap Brand Guide caters to any diet, so you can feel good about the choices you make. As you explore these brands, you'll discover exciting products that transform everyday meals and snacks to fuel your body.

**NOTE: We always encourage you to read the nutrition label before purchasing any product to ensure your food allergies and intolerances are addressed.**

## How to Use the Food Swap Brand Guide

If you're new to branching outside of nutrient-poor commercial food brands, it's normal to feel overwhelmed. Grocery stores and online services are spilling with new brands and products to explore. That's why we made this guide! Finding foods that you enjoy and fuel your body should be easy.

Let's start with an example. What if chocolatey cookies are your downfall? They're something you can't see yourself living without forever. We get it - everyone has certain foods they aren't willing to go without. Enhancing your health shouldn't mean restricting all of the things you enjoy.

To find a more nutrient-dense cookie option, locate the "Cookies" section in your Food Swap Brand Guide. Here, you will find a list of brands that offer better-for-you cookie options!

Now that you've located the "Cookies" section of the Food Swap Brand Guide, what next? You're left with a list of brands, but how do you find the right brand and product for you? This is where the process can be fun! We suggest reading reviews on the product—try looking for pictures on their website as well! Many reviewers will be open about the texture, taste, and quality of the product.



## SNACKS & SIDES

### Bars

88 Acres	KIND
365 by Whole Foods	Larabar
Aloha	Once Upon a Farm
Annie's	Paleovalley
Bearded Brothers	Pamela's
BelliWelli	Papa Steve's
Blake's Seed Based	Rise Bars
Bob's Red Mill	RX Bar
Bobo's	Sans Bars
Cerebelly	Simple Mills
Dave's Killer Bread	Skout Organic
Deliciously Ella	Taos Bakes
Elemental Superfood	That's It
EPIC	Thunderbird Bars
Fody Foods	Tosi
Go Macro	Trubar
Good & Gather	Unreal
IQ Bar	Urban Remedy
Jones Bar	Yes Bar
Kate's Real Food	Wild Zora

### Cereal

365 by Whole Foods	Lovebird
Amara	Magic Spoon
Annie's	Nature's Path
Bob's Red Mill	Nuco
Cataline Crunch	Olyra Foods
Else Nutrition	One Degree Organic Foods
Good & Gather	Purely Elizabeth
Heavenly Hunks	Seven Sundays
Holle	Simple Mills
Living Intentions	Three Wishes

**Cereal**

Thrive Market	Wildway
Trader Joe's	Wild Zora
Wella	

**Chips & Crunchies**

365 by Whole Foods	Late July
Annie's	Lesser Evil
Artisan Tropic	Popchips
Bare Snacks	Siete Foods
Biena	Simple Truth
Boulder Canyon	Simply 7
From the Ground Up	Terra Chips
Good & Gather	The Good Crisp Company
Hippeas	Thrive Market
Jackson's	Trader Joe's
Kettle Brand	Zack's Mighty
Kibo Foods	

**Chocolate**

Alter Eco	Navitas Organics
Choc Zero	Thea Chocolate
Endangered Species Chocolate	Thrive Market
Enjoy Life	Trader Joe's
Hu	Unreal
JoJo's	

**Cookies**

34 Degress	Good Bites
365 by Whole Foods	Heavenly Hunks
Annie's	Jack's Paleo Kitchen
Bakeology	Jovial
BelliWelli	Karma Nuts
Cappello's	King Arther Baking Company
Eat G.A.N.G.S.T.E.R	Made Good
Emmy's Organics	Mavericks

**Cookies**

Miss Jones Baking	Simple Mills
Ona	Simple Truth
Olyra	The Greater Goods
Ott's Naturals	Toto Foods
Partake Foods	Urban Remedy

**Crackers**

34 Degrees	From the Ground UP
Absolutely!	Good & Gather
Annie's	Hippie Snacks
Artisan Tropic	Jovial
Better with Buckwheat	Julian Bakery
Casabi Crackers	Must Love
Craize	Patagonia
Crunchmaster	Mary's Gone Crackers
Every Body Eat	Simple Mills
Fair & Square	Sunnies
Fit Joy	The Greater Goods
Foods Alive	The Humble Seed
Flackers	

**Dips**

365 by Whole Foods	Mt. Vikos
Brami	Primal Kitchen
Cocojune	Primal Palate
Good & Gather	Thrive Market
Kite Hill	Trader Joe's

**Fruits & Veggies**

365 by Whole Foods	Blue Stripes
Amara	Brad's Plant Based
Anthony's	Calbee Harvest Snacks
Bare	Fresh Bellies
Barnana	Frooze Balls
Biena	GimMe

**Fruits & Veggies**

Good & Gather	Poshi
Hippie Snacks	Rind
Iwon	Sambazon
Made in Nature	Serenity Kids
Mavuno Harvest	Simple Truth
Natierra	Soley
Nora	Thrive Market
Once Upon a Farm	Trader Joe's
Patience	

**Granola**

365 by Whole Foods	Paleo Tiger
Alter Eco	Paleonola
Go Raw	Purely Elizabeth
Good & Gather	Seven Sundays
KIND	Three Wishes
Lark Ellen Farm	Thrive Market
Lil Bucks	Trader Joe's
Nature's Path	Wildway
Natureul	

**Legumes & Lentils**

Biena	Kibo Foods
Brami	Lebby Snacks
Callbee Harvest Snaps	Lentiful
Crunchsters	Thrive Market
Enjoy Life	Trader Joe's
Hippeas	

**Meat Snacks & Jerky**

Chomps	Paleovalley
Country Archer	The New Primal
EPIC	Thrive Market
Grazly	Think Jerky
Mission Meats	Wild Zora

**Nuts & Seeds**

88 Acres	Karma Nuts
365 by Whole Foods	Lake Ellen Farm
Anthony's	Lebby Snacks
Artisana Organics	Mama Chia
Aurora Natural	Manitoba Harvest
Back to Nature	Mission MightyMe
Barney Butter	Navitas Organics
Bhu Foods	Nuttzo
Blake's Seed Based	Paleo Tiger
Bob's Red Mill	Philosopher Foods
Chia Smash	Perfect Balance Trail Mix
Chinook Seedery	Rind Remix
Chosen Foods	Rind Snacks
Country House	Sahale Snacks
Daily Crunch	Santa Cruz Organic
Dastony Organic Butter	Simple Mills
Deliciously Ella	Simple Truth
Elavi	SkinnyDipped
Fix & Fogg	Soom
Go Raw	South 40 Snacks
Good & Gather	SunButter
GoodSam	Thrive Market
Grandy Organics	Trader Joe's
Justin's	Wonderful Pistachios

**Soups**

365 by Whole Foods	Power Provisions
Amy's Kitchen	Proper Good
Health Valley	Sprague
Imagine Foods	Trader Joe's
Kettle & Fire	True Primal
Kevin's Natural Foods	Wild Zora
Pacific Foods	



**Spreads & Jams**

Artisana Organics	Natureul
Chia Smash	Nutiva
Chosen Foods	Oat Haus
Crofters	PickerFresh
Daiya	Primal Kitchen
Divina	Roots
Eden Foods	Simple Truth
Justin's	Soom
Kitchen & Love	Thrive Market
Miyoko's Creamery	Trader Joe's
Mt. Vikos	Violife



## GLUTEN-FREE GRAINS

### Baking Mixes

365 by Whole Foods	Legit Bread Company
Birch Benders	Miss Jones
Bob's Red Mill	Otto's Naturals
Eat G.A.N.G.S.T.E.R	Pamela's Products
GoNanas	Simple Mills
Julie's Real	Thrive Market
King Arthur Baking Company	Trader Joe's
Kodiak	Truly AIP
Lakanto	

### Bread & Bread Mixes

Against the Grain	Julian's Bakery
Banza	King Arthur Baking Company
Base Culture	Legit Bread Company
Bob's Red Mill	Schar
Canyon Gluten Free Bakehouse	Silver Hills Bakery
Cappello's	Simple Mills
Carbonaut	Sunflour
Casabi Artisan Flatbread	Pacha
Cook's Gluten Free	Paleolicious
Dave's Killer Bread	Truly AIP
Food for Life	

### Flour Alternatives

365 by Whole Foods	Hearthy Foods
Anthony's	King Arthur Baking Company
Arrowhead Mills	Navitas Organics
Beth Blends	Otto's Natural
Blue Diamond Almonds	Simple Truth
Bob's Red Mill	Thrive Market
Carrington Farms	Tiger Nuts USA



**Pasta Noodle Alternatives**

365 by Whole Foods	liveGfree
Ancient Harvest	Manini's
Andean Dream	Miracle Noodle
Banza	Natural Heaven
Barilla	Shinny Pasta
Big Green Organic Food	Solely
Bionaturae	Simple Truth
Cappello's	Thrive Market
Good & Gather	Tolerant
Heaven & Earth	Trader Joe's
Jovial	VeggieCraft Farms

**Tortilla Wraps & Taco Shells**

365 by Whole Foods	Nuco
Against the Grain	Siete Foods
Egglife	Thrive Market
NewGem	Wrawp





## DAIRY ALTERNATIVES

### Non-Dairy Butter

Melt Organic	WayFare
Miyoki's Creamery	Wildbrine
Violife	

### Non-Dairy Cheese

Daiya	Miyoko's Creamery
Follow Your Heart	Trader Joe's
Kite Hill	Violife

### Non-Dairy Coffee Creamer

Califia Farms	Ripple
Elmhurst	Silk
Laird Superfoods	So Delicious
Nutpods	Trader Joe's

### Non-Dairy Ice Cream & Popsicles

DeeBee's Organics	Jolly Llama
Dream Pops	Oatly
GoodPop	So Delicious

### Non-Dairy Milk

365 by Whole Foods	Milkadamia
Blue Diamond	Oatly
Califia Farms	Orgain
Chobani	Pacific Foods
Elmhurst	Ripple
Good & Gather	Silk
Good Karma	Thrive Market
Kiki Milk	Trader Joe's

### Non-Dairy Yogurt

365 by Whole Foods	Once Upon a Farm
Chobani	Oui by Yoplait
Cocojune	Siggi's
Forager	Silk
Kite Hill	So Delicious
Lavva	

## MEAT & MEAT ALTERNATIVES

### Bacon

365 by Whole Foods	North Country Smokehouse
Applegate Organics	Pederson Natural Farms
EPIC	Trader Joe's
Good & Gather	True Story
Nature's Rancher	Wellshire Farms
Niman Ranch	

### Deli Meats

365 by Whole Foods	Niman Ranch
Applegate Organics	North Country Smokehouse
Diestel Family Ranch	Trader Joe's
Garrett Valley Farms	True Story
Good & Gather	

### Packaged Seafood

365 by Whole Foods	Trader Joe's
Freshe	Wild Planet
Safe Catch	Whole Catch
Thrive Market	

### Ready-Made Meals

365 by Whole Foods	Red's
Amy's Organics	Saffron Road
Daily Harvest	Tattooed Chef
Deep Indian Kitchen	Trader Joe's
Evol	Wicked Kitchen
Kevin's Natural Foods	Wild Zora
Purple Carrot	

### Non-Meat Alternatives

365 by Whole Foods	Thrive Market
Amy's Organics	Trader Joe's
Daily Harvest	Wicked Kitchen
Nasoya	Wildwood Organic
Purple Carrot	

**SAUCES, DRESSINGS, & PANTRY****Broth**

365 by Whole Foods	Kettle & Fire
Bare Bones	Pacific Foods
Bonafide	PlantStrong
Brite Start	Power Provisions
EPIC	Simple Truth
FOND	The Honest Kitchen
Good & Gather	Thrive Market
Imagine Foods	Trader Joe's

**Condiments**

365 by Whole Foods	Primal Kitchen
Bragg	Simple Truth
Chosen Foods	Sir Kensington's
Coconut Secret	Thrive Market
Good & Gather	Trader Joe's
KC Natural	True Made Foods
Mike's Hot Honey	

**Cooking Oils & Fats**

365 by Whole Foods	Good & Gather
California Olive Ranch	Napa Valley
Chosen Foods	Nutiva
EPIC	Primal Kitchen
Fatworks Foods	Simple Truth
Fody Foods	Thrive Market
Fourth & Heart	Trader Joe's

**Salad Dressings & Marinades**

365 by Whole Foods	KC Natural
Bragg	Primal Kitchen
Drench	SideDish
Fody Foods	Thrive Market
Follow Your Health	Trader Joe's
Good & Gather	

**Sauces**

365 by Whole Foods	Primal Kitchen
A Dozen Cousins	Rao's Homemade
Bachan's	Saffron Road
Carbone	Sauce Ventures
Daiya	Siete Foods
Fody Foods	The New Primal
Good & Gather	Thrive Market
KC Natural	Tia Lupita
Kevin's Natural Foods	Trader Joe's
Maya Kaimal	True Made Foods

**Seasonings & Pantry**

365 by Whole Foods	Simply Organic
Bragg	The New Primal
Good & Gather	The Spice Hunter
Kinder's	Thrive Market
Primal Palate	Trader Joe's
Siete Foods	

**Sugars & Sweeteners**

365 by Whole Foods	RxSugar
Anthony's	Sweetleaf
Big Tree Farms	Thrive Market
Lakanto	Trader Joe's



**DRINKS****Coffee**

365 by Whole Foods	Pop & Bottle
Alex's Low-Acid Organic Coffee	Purity Coffee
Califia Farms	Trader Joe's
Four Sigmatic	VitaCup
Java Planet	Volcanica

**Coffee Alternatives**

Anthony's	RYZE Mushroom Coffee
Clevr Blends	Teeccino
Four Sigmatic	VitaCup
Om Mushroom	

**Electrolytes**

Ath Lytes	Nuun
Cure Hydration	Trace Minerals
Goodonya	Ultima Replenisher
LMNT	Wellmade

**Non-Alcoholic Beverages**

Athletic Brewing Co.	Hoptonic
Ghia	Odyssey Elixir
Gruvi	Surely

**Seltzer, Soda, & Health Drinks**

365 by Whole Foods	Jiant
Agua Bucha	Juneshine
Aura Bora	OCA
Boochcraft	Olipop
CLEAN Cause	Pop & Bottle
Culture Pop Soda	Poppi
Flying Embers	Reed's
GoodPop	Riot Energy
Good & Gather	Ruby
GIT's Synergy Kombucha	Sambazon
Hop WTR	Sanzo
Humm Kombucha	Simple Truth



**Seltzer, Soda, & Health Drinks**

Sun Sip Soda	Waterloo Sparkling Water
Swoon	WildWonder
Thrive Market	Zevia
Trader Joe's	

**Tea**

365 by Whole Foods	Taika
AutoimmuniTea	Taylors of Harrogate
Celestial Seasonings	Teeccino
Four Sigmatic	The Republic of Tea
Got Matcha	Thrive Market
Mighty Leaf	Trader Joe's
Navitas Organics	Traditional Medicinals
Numi Tea	Yogi Tea
Organic India	Zevia
Rishi Tea	



# CLEAN EATING NUTRIENT-DENSE RECIPES



## BALSAMIC GLAZED ROASTED CHICKPEAS

### Ingredients:

- 1 can (15 oz) chickpeas, drained and rinsed
- 1 tbsp olive oil
- 1 tbsp balsamic vinegar
- 1/2 tsp honey
- 1/2 tsp salt
- 1/4 tsp ground black pepper

### Instructions:

1. Preheat oven to 375°F (190°C). Pat chickpeas dry with a towel.
2. Toss chickpeas with olive oil, balsamic vinegar, honey, salt, and pepper.
3. Spread on a baking sheet and roast for 25-30 minutes, stirring halfway, until crispy.



## LEMON-HERB HUMMUS

### Ingredients:

- 1 can (15 oz) chickpeas, rinsed and drained
- 2 tbsp tahini
- Juice and zest of 1 lemon
- 1 garlic clove, minced
- 1/4 cup olive oil
- 2 tbsp fresh parsley, chopped
- Pinch of salt and pepper

### Instructions:

1. Blend all ingredients in a food processor until smooth.
2. Serve with raw vegetables.

## SPICED APPLE CHIPS

### Ingredients:

- 2 large apples, thinly sliced
- 1/2 tsp ground cinnamon
- 1/4 tsp ground nutmeg

### Instructions:

1. Preheat oven to 225°F (110°C). Arrange apple slices on a parchment-lined baking sheet.
2. Sprinkle with cinnamon and nutmeg.
3. Bake for 1.5-2 hours, flipping halfway, until crispy.

## APPLE PIE SMOOTHIE

### Ingredients:

- 1 apple, cored and chopped
- 1/2 cup unsweetened almond milk
- 1/2 cup plain Greek yogurt
- 1/2 tsp ground cinnamon
- 1/4 tsp ground nutmeg
- 1/4 tsp ground cloves
- 1 tbsp almond butter
- 1 tsp honey

### Instructions:

1. Add all ingredients to a blender.
2. Blend until smooth.
3. Pour into a glass and enjoy.

## CUCUMBER MINT MOJITO SMOOTHIE

### Ingredients:

- 1 cup cucumber, peeled and chopped
- 1/2 cup frozen pineapple
- 1/4 cup fresh mint leaves
- Juice of 1 lime
- 1 cup unsweetened coconut water
- 1/4 tsp grated ginger

### Instructions:

1. Add all ingredients to a blender.
2. Blend until smooth.
3. Pour into a glass and enjoy.

## CREAMY CINNAMON PEAR SMOOTHIE

### Ingredients:

- 1 ripe pear, cored and chopped
- 1/2 frozen banana
- 1/2 cup plain Greek yogurt
- 1/2 cup unsweetened almond milk
- 1/2 tsp ground cinnamon

### Instructions:

1. Add all ingredients to a blender.
2. Blend until smooth.
3. Pour into a glass and enjoy.



## HERBED TURKEY BREAKFAST PATTIES

### Ingredients:

- 1 lb ground turkey
- 1 garlic clove, minced
- 1 tsp ground sage
- 1 tsp ground thyme
- 1/2 tsp smoked paprika
- 1/4 tsp cayenne pepper
- Pinch of salt and pepper
- 1 tbsp olive oil

### Instructions:

1. In a bowl, mix turkey with garlic, sage, thyme, paprika, cayenne, salt, and pepper. Form into small patties.
2. Heat olive oil in a skillet and cook patties for 3-4 minutes per side, or until fully cooked. Serve alongside sautéed greens or eggs.

## ALMOND FLOUR BANANA PANCAKES

### Ingredients:

- 2 ripe bananas
- 2 eggs
- 1/4 cup almond flour
- 1/2 tsp ground cinnamon
- 1/4 tsp baking powder
- Coconut oil for cooking

### Instructions:

1. Mash bananas in a bowl. Whisk in eggs, almond flour, cinnamon, and baking powder until smooth.
2. Heat coconut oil in a skillet over medium heat. Pour small amounts of batter to form pancakes.
3. Cook for 2-3 minutes per side until golden. Serve with fresh fruit or a drizzle of maple syrup.

## VEGETABLE AND GOAT CHEESE FRITTATA

### Ingredients:

- 6 eggs
- 1/2 cup diced zucchini
- 1/2 cup diced bell peppers
- 1/4 cup crumbled goat cheese
- 2 tbsp olive oil
- 1 tbsp fresh basil, chopped
- Pinch of salt and pepper

### Instructions:

1. Preheat oven to 375°F (190°C). Heat olive oil in an ovenproof skillet over medium heat. Sauté zucchini and bell peppers until softened.
2. In a bowl, whisk eggs with salt, pepper, and basil. Pour into the skillet and sprinkle with goat cheese.
3. Bake for 12-15 minutes until the frittata is set. Slice and serve warm.

## COCONUT MANGO CHIA PUDDING

### Ingredients:

- 1/4 cup chia seeds
- 1 cup unsweetened coconut milk
- 1 tbsp raw honey
- 1/2 cup diced fresh mango
- 1 tbsp unsweetened shredded coconut

### Instructions:

1. Combine chia seeds, coconut milk, and honey in a bowl. Mix well and refrigerate for at least 4 hours or overnight.
2. Top with diced mango and shredded coconut before serving.

## RASPBERRY LEMON BARS

### Ingredients:

- 1 1/2 cups almond flour
- 1/4 cup coconut flour
- 1/4 cup coconut oil, melted
- 2 tbsp raw honey
- 1 cup fresh raspberries
- 2 eggs
- Juice and zest of 1 lemon
- 1/4 cup honey

### Instructions:

1. Preheat oven to 350°F (175°C). Mix almond flour, coconut flour, coconut oil, and honey to form a dough. Press into a parchment-lined baking dish and bake for 10 minutes.
2. Blend eggs, lemon juice, zest, and honey. Pour over the crust and scatter raspberries on top.
3. Bake for 20-25 minutes until set. Cool before slicing.



## SPICED PEAR AND WALNUT CRISP

### Ingredients:

- 2 ripe pears, thinly sliced
- 1/2 cup rolled oats
- 1/4 cup almond flour
- 1/4 cup chopped walnuts
- 1 tbsp coconut oil, melted
- 1 tbsp maple syrup
- 1 tsp ground cinnamon
- 1/4 tsp ground nutmeg

### Instructions:

1. Preheat oven to 375°F (190°C). Place pear slices in a small baking dish.
2. In a bowl, mix oats, almond flour, walnuts, coconut oil, maple syrup, cinnamon, and nutmeg.
3. Sprinkle the mixture over the pears and bake for 25-30 minutes until golden brown. Serve warm.

## ZUCCHINI AND TOMATO BAKE

### Ingredients:

- 2 medium zucchinis, sliced
- 1 cup cherry tomatoes, halved
- 1/4 cup grated Parmesan cheese
- 2 tbsp olive oil
- 1 tsp dried oregano
- 1/2 tsp garlic powder
- Pinch of salt and pepper

### Instructions:

1. Preheat oven to 375°F (190°C). Toss zucchini and tomatoes with olive oil, oregano, garlic powder, salt, and pepper.
2. Arrange in a baking dish and sprinkle with Parmesan. Bake for 20-25 minutes until tender and bubbly.

## MEDITERRANEAN CUCUMBER SALAD

### Ingredients:

- 2 large cucumbers, diced
- 1/2 cup cherry tomatoes, halved
- 1/4 cup diced red onion
- 2 tbsp olive oil
- 1 tbsp red wine vinegar
- 1 tsp dried oregano
- 1/4 cup crumbled feta cheese (optional)
- Pinch of salt and pepper

### Instructions:

1. In a bowl, combine cucumbers, tomatoes, and red onion.
2. Toss with olive oil, vinegar, oregano, salt, and pepper. Add feta cheese if desired. Serve fresh.

## CILANTRO-LIME CAULIFLOWER RICE

### Ingredients:

- 1 medium head of cauliflower, riced
- 1 tbsp olive oil
- Juice of 1 lime
- 2 tbsp fresh cilantro, chopped
- Pinch of salt and pepper

### Instructions:

1. Heat olive oil in a skillet. Sauté cauliflower rice for 5-7 minutes until tender.
2. Stir in lime juice, cilantro, salt, and pepper. Serve warm.

## COCONUT CRUSTED CHICKEN TENDERS

### Ingredients:

- 1 lb chicken tenders
- 1/2 cup almond flour
- 1/2 cup unsweetened shredded coconut
- 1/2 tsp smoked paprika
- 1/2 tsp garlic powder
- 1/4 tsp cayenne pepper
- 1 egg, beaten
- Pinch of salt and pepper

### Instructions:

1. Preheat oven to 400°F (200°C). Line a baking sheet with parchment paper.
2. Mix almond flour, shredded coconut, smoked paprika, garlic powder, cayenne, salt, and pepper in a bowl.
3. Dip chicken tenders into the egg, then coat with the almond flour mixture.
4. Arrange on the baking sheet and bake for 20-25 minutes, flipping halfway, until golden brown and fully cooked.



## ZUCCHINI NOODLE CHICKEN ALFREDO

### Ingredients:

- 2 chicken breasts, sliced
- 4 medium zucchinis, spiralized
- 1 tbsp olive oil
- 1 garlic clove, minced
- 1 cup heavy cream
- 1/2 cup grated Parmesan cheese
- 1/4 tsp nutmeg
- 1/4 cup fresh parsley, chopped
- Pinch of salt and pepper

### Instructions:

1. Heat olive oil in a skillet over medium heat. Cook chicken until browned and fully cooked. Remove and set aside.
2. In the same skillet, sauté garlic until fragrant. Add heavy cream, Parmesan, nutmeg, salt, and pepper. Simmer for 3-4 minutes until thickened.
3. Toss zucchini noodles in the sauce and cook for 2 minutes. Add chicken and parsley. Serve immediately.

## TURKEY MEATLOAF WITH SWEET POTATO MASH

### Ingredients:

- 1 lb ground turkey
- 1/2 cup almond flour
- 1 egg
- 1/4 cup diced onion
- 1 garlic clove, minced
- 2 tbsp clean ketchup
- 1 tsp Dijon mustard
- 1 tsp smoked paprika
- 1/2 tsp ground thyme
- 2 large sweet potatoes, peeled and cubed
- 1/2 tsp salt
- 1/4 tsp black pepper
- 1 tbsp olive oil

### Instructions:

1. Preheat oven to 375°F (190°C). Mix turkey, almond flour, egg, onion, garlic, ketchup, mustard, paprika, thyme, salt, and pepper.
2. Shape mixture into a loaf and place in a parchment-lined loaf pan. Bake for 35-40 minutes, or until cooked through.
3. Boil sweet potatoes until tender, drain, and mash with olive oil, salt, and pepper. Serve meatloaf with sweet potato mash.

## SHRIMP AND GRITS

### Ingredients:

- 1 cup stone-ground grits
- 3 cups water or bone broth
- 1/2 cup sharp cheddar cheese, grated
- 1 lb shrimp, peeled and deveined
- 1 tbsp olive oil
- 1 tsp smoked paprika
- 1/2 tsp garlic powder
- 1/2 tsp cayenne pepper
- Pinch of salt and pepper

### Instructions:

1. Cook grits in water or bone broth according to package instructions. Stir in cheddar cheese and season with salt and pepper.
2. Toss shrimp with olive oil, smoked paprika, garlic powder, cayenne, salt, and pepper.
3. Heat a skillet over medium-high heat and cook shrimp for 2-3 minutes per side.
4. Serve shrimp over grits, garnished with fresh parsley.

## BALSAMIC GLAZED CHICKEN WITH ROASTED VEGETABLES

### Ingredients:

- 4 boneless, skinless chicken breasts
- 2 tbsp balsamic vinegar
- 1 tbsp honey
- 2 garlic cloves, minced
- 2 tbsp olive oil
- 2 cups Brussels sprouts, halved
- 1 cup diced butternut squash
- 1/2 red onion, sliced
- Pinch of salt and pepper

### Instructions:

1. Preheat oven to 400°F (200°C). Mix balsamic vinegar, honey, garlic, 1 tablespoon olive oil, salt, and pepper. Marinate chicken for 20 minutes.
2. Toss Brussels sprouts, squash, and onion with remaining olive oil, salt, and pepper. Arrange on a baking sheet.
3. Place chicken on top of vegetables and bake for 25-30 minutes, or until the chicken is cooked through. Brush chicken with remaining glaze halfway through cooking.

## CHICKEN PICCATA

### Ingredients:

- 4 boneless, skinless chicken breasts
- 1/4 cup almond flour
- 2 tbsp olive oil
- 1/4 cup fresh lemon juice
- 1/4 cup chicken broth or bone broth
- 2 tbsp capers
- 2 tbsp fresh parsley, chopped
- Pinch of salt and pepper

### Instructions:

1. Dredge chicken breasts in almond flour, shaking off excess.
2. Heat olive oil in a skillet over medium heat. Cook chicken until golden and fully cooked, about 4-5 minutes per side. Remove and set aside.
3. Deglaze the skillet with lemon juice and chicken broth. Add capers and simmer for 2 minutes.
4. Return chicken to the skillet and coat with sauce. Garnish with parsley before serving.



## MISO GINGER SALMON WITH SESAME SPINACH

### Ingredients:

- 4 salmon fillets
- 2 tbsp miso paste
- 1 tbsp coconut aminos
- 1 tsp grated ginger
- 1 tbsp olive oil
- 4 cups fresh spinach
- 1 tsp sesame oil
- 1 tbsp sesame seeds (optional)

### Instructions:

1. Preheat oven to 375°F (190°C). Mix miso paste, coconut aminos, ginger, and olive oil to make a glaze.
2. Brush salmon with the glaze and bake for 12-15 minutes, or until cooked through.
3. Heat sesame oil in a skillet and sauté spinach until wilted. Sprinkle with sesame seeds and serve alongside the salmon.

## BOLOGNESE SAUCE WITH SPAGHETTI SQUASH

### Ingredients:

- 1 large spaghetti squash, halved and seeded
- 1 lb ground beef or turkey
- 1 cup diced carrots
- 1 cup diced celery
- 1 cup diced onion
- 2 garlic cloves, minced
- 2 cups tomato puree
- 1 tsp dried basil
- 1 tsp dried oregano
- 2 tbsp olive oil
- Pinch of salt and pepper

### Instructions:

1. Preheat oven to 375°F (190°C). Place spaghetti squash cut-side down on a baking sheet and roast for 35-40 minutes. Scrape flesh with a fork to create strands.
2. Heat olive oil in a skillet over medium heat. Sauté carrots, celery, onion, and garlic until softened.
3. Add ground meat and cook until browned. Stir in tomato puree, basil, oregano, salt, and pepper. Simmer for 20 minutes.
4. Serve Bolognese sauce over spaghetti squash.

## STUFFED ACORN SQUASH WITH SPICED TURKEY AND POMEGRANATE

### Ingredients:

- 2 medium acorn squashes, halved and seeded
- 1 lb ground turkey
- 1/2 cup cooked quinoa
- 1/4 cup pomegranate seeds
- 1/4 cup diced onion
- 1 garlic clove, minced
- 1 tsp ground cinnamon
- 1/2 tsp ground cumin
- 1/4 tsp smoked paprika
- 2 tbsp olive oil
- Pinch of salt and pepper

### Instructions:

1. Preheat oven to 375°F (190°C). Brush squash halves with 1 tablespoon olive oil and season with salt. Roast cut-side down for 25 minutes.
2. Heat the remaining olive oil in a skillet. Cook turkey, onion, garlic, cinnamon, cumin, paprika, salt, and pepper until browned. Stir in quinoa and pomegranate seeds.
3. Stuff the squash halves with the turkey mixture and return to the oven for 10-15 minutes. Serve warm.

## SHRIMP SCAMPI WITH ZUCCHINI NOODLES

### Ingredients:

- 1 lb large shrimp, peeled and deveined
- 4 medium zucchinis, spiralized
- 3 tbsp olive oil
- 3 garlic cloves, minced
- Juice of 1 lemon
- 1/4 tsp red pepper flakes
- 2 tbsp fresh parsley, chopped
- Pinch of salt and pepper

### Instructions:

1. Heat 2 tablespoons of olive oil in a large skillet over medium heat. Add garlic and red pepper flakes, sautéing until fragrant.
2. Add shrimp and cook until pink and opaque, about 2-3 minutes per side. Remove shrimp and set aside.
3. In the same skillet, toss zucchini noodles with the remaining olive oil and lemon juice for 1-2 minutes.
4. Return shrimp to the skillet and mix with noodles. Garnish with parsley and serve immediately.

## COCONUT LIME POACHED FISH WITH MANGO SALSA

### Ingredients:

- 4 white fish fillets (e.g., cod, mahi-mahi)
- 1 cup coconut milk
- Juice and zest of 1 lime
- 1 garlic clove, minced
- 1/2 tsp ground turmeric
- 1/4 tsp red pepper flakes
- Pinch of salt and pepper

Mango Salsa:

- 1 cup diced mango
- 1/4 cup diced red onion
- 1 tbsp fresh cilantro, chopped
- Juice of 1/2 lime

### Instructions:

1. In a skillet, combine coconut milk, lime juice, zest, garlic, turmeric, red pepper flakes, salt, and pepper. Simmer over low heat.
2. Add fish fillets to the skillet and poach for 8-10 minutes, or until the fish flakes easily.
3. Mix all salsa ingredients in a bowl until well combined.
4. Serve fish warm with mango salsa.

## BEEF AND BROCCOLI STIR-FRY

### Ingredients:

- 1 lb beef sirloin, thinly sliced
- 2 cups broccoli florets
- 1/2 cup red bell pepper, sliced
- 2 tbsp coconut oil
- 2 tbsp coconut aminos
- 1 tbsp rice vinegar
- 1 tsp sesame oil
- 1 garlic clove, minced
- 1/2 tsp grated ginger
- 1/4 tsp red pepper flakes

### Instructions:

1. Heat coconut oil in a skillet or wok. Sear beef slices until browned, then remove and set aside.
2. Add broccoli and bell pepper to the skillet. Sauté for 4-5 minutes until tender.
3. Stir in garlic, ginger, coconut aminos, rice vinegar, sesame oil, and red pepper flakes.
4. Return beef to the skillet and toss to coat. Serve hot.



## LEMON HERB GRILLED TURKEY BURGERS

### Ingredients:

- 1 lb ground turkey
- 1 garlic clove, minced
- 1 tbsp fresh parsley, chopped
- 1 tbsp fresh dill, chopped
- 1 tsp lemon zest
- Pinch of salt and pepper
- Lettuce leaves, for serving
- Sliced avocado and tomatoes, for topping

### Instructions:

1. In a bowl, mix turkey, garlic, parsley, dill, lemon zest, salt, and pepper. Form into patties.
2. Grill patties over medium heat for 5-6 minutes per side, or until fully cooked.
3. Serve on lettuce leaves with avocado and tomato slices.

## GRILLED FISH TACOS WITH MANGO SALSA

### Ingredients:

- 1 lb white fish (e.g., cod or mahi-mahi)
- 1 tbsp olive oil
- 1 tsp chili powder
- 1/2 tsp ground cumin
- 1/4 tsp smoked paprika
- 8 small almond flour tortillas
- 1 cup shredded cabbage
- 1/2 cup diced mango
- 1/4 cup diced red onion
- 1 tbsp chopped cilantro
- Juice of 1 lime

### Instructions:

1. Rub fish with olive oil, chili powder, cumin, smoked paprika, salt, and pepper. Grill or pan-sear until cooked through, about 3-4 minutes per side.
2. In a bowl, mix mango, red onion, cilantro, and lime juice to make salsa.
3. Assemble tacos with cabbage, fish, and mango salsa. Serve with extra lime wedges.

## MEDITERRANEAN BAKED COD WITH TOMATOES AND OLIVES

### Ingredients:

- 4 cod fillets
- 1 cup cherry tomatoes, halved
- 1/4 cup green olives, sliced
- 1 tbsp olive oil
- 1 tsp dried oregano
- Juice of 1/2 lemon
- Pinch of salt and pepper

### Instructions:

1. Preheat oven to 375°F (190°C). Arrange cod in a baking dish and season with salt and pepper.
2. Toss tomatoes and olives with olive oil, oregano, and lemon juice. Spoon over the cod.
3. Bake for 15-20 minutes, or until cod is flaky and cooked through. Serve with steamed vegetables or rice.

# NUTRITION WORKSHEETS



## NUTRITION GOALS

START DATE:	DURATION:	END DATE:
START WEIGHT:	GOAL WEIGHT:	FINAL WEIGHT:
START BMI:	GOAL BMI:	FINAL BMI:

## MOTIVATION

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## GOALS

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## WEIGHT TRACKER

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WEEKLY FOOD TRACKER

WEEK OF:

	BREAKFAST	LUNCH	DINNER	SNACKS	HYDRATION	NOTES
MONDAY						
TUESDAY						
WEDNESDAY						
THURSDAY						
FRIDAY						
SATURDAY						
SUNDAY						



# WEEKLY FOOD TRACKER

WEEK OF:

	BREAKFAST	LUNCH	DINNER	SNACKS	HYDRATION	NOTES
MONDAY						
TUESDAY						
WEDNESDAY						
THURSDAY						
FRIDAY						
SATURDAY						
SUNDAY						

WEEKLY FOOD TRACKER

WEEK OF:

	BREAKFAST	LUNCH	DINNER	SNACKS	HYDRATION	NOTES
MONDAY						
TUESDAY						
WEDNESDAY						
THURSDAY						
FRIDAY						
SATURDAY						
SUNDAY						

WEEKLY FOOD TRACKER

WEEK OF:

	BREAKFAST	LUNCH	DINNER	SNACKS	HYDRATION	NOTES
MONDAY						
TUESDAY						
WEDNESDAY						
THURSDAY						
FRIDAY						
SATURDAY						
SUNDAY						

## FASTING TRACKER

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## CALORIES TRACKER

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## SUPPLEMENT TRACKER

**WEEK OF:**

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## SYMPTOM TRACKER

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## TRIGGER TRACKER

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# BLOOD SUGAR TRACKER

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## BLOOD PRESSURE TRACKER

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# SLEEP TRACKER

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26	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<div><div></div><div></div><div></div><div></div><div></div></div>
27	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<div><div></div><div></div><div></div><div></div><div></div></div>
28	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<div><div></div><div></div><div></div><div></div><div></div></div>
29	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<div><div></div><div></div><div></div><div></div><div></div></div>
30	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<div><div></div><div></div><div></div><div></div><div></div></div>
31	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<div><div></div><div></div><div></div><div></div><div></div></div>

PERIOD TRACKER

Jan

Feb

Mar

Apr

May

Jun

Jul

Aug

Sep

Oct

Nov

Dec

1

2

3

4

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8

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10

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Notes

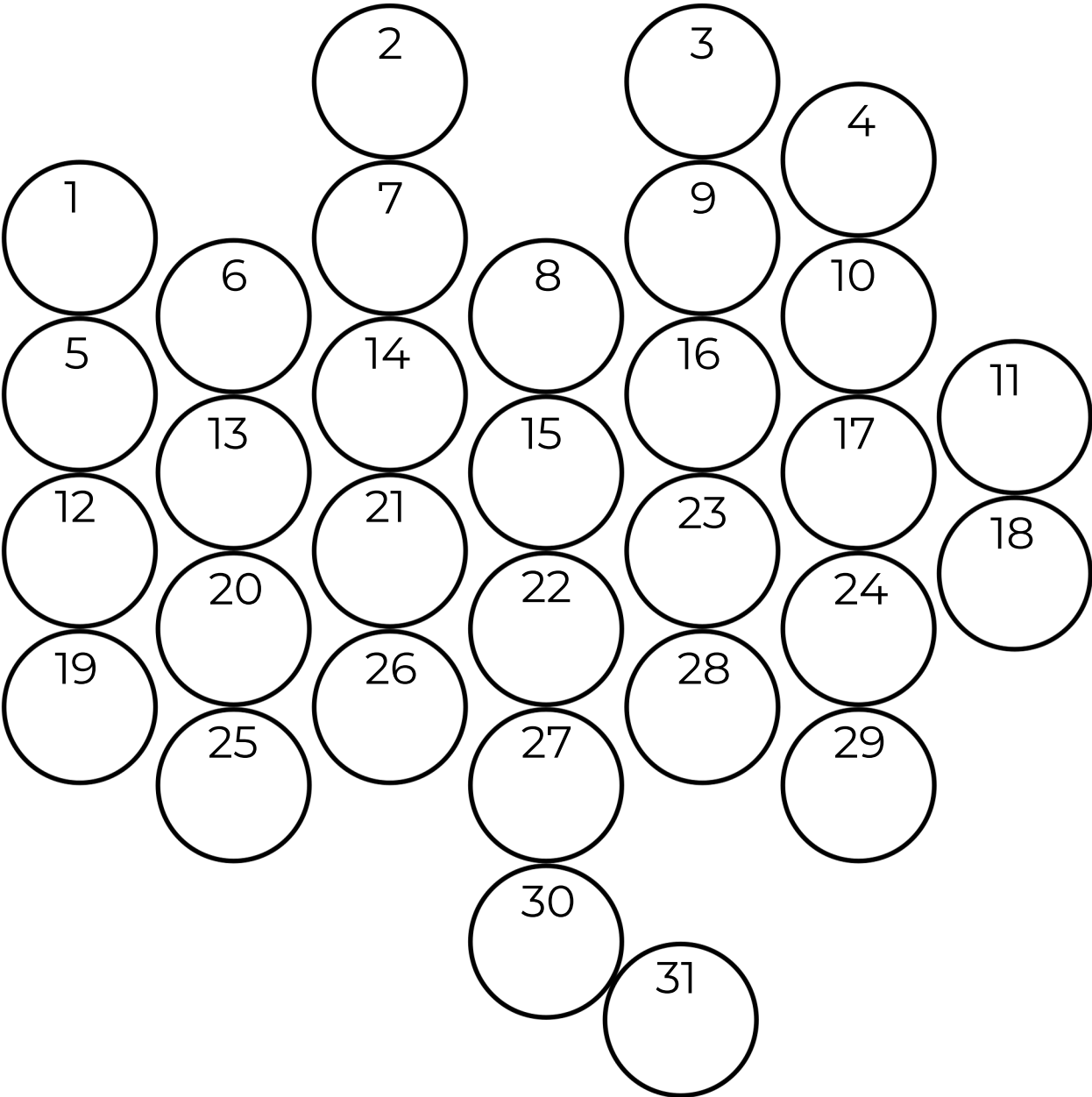
Period Key


Cycle Length

Jan		Jul	
Feb		Aug	
Mar		Sep	
Apr		Oct	
May		Nov	
Jun		Dec	

# MOOD TRACKER

Month:



Happy



Sad



Angry



Excited



Anxious



## FOOD SWAP PLANNER

## Avoid Food Brands/Products

[illegible]

## Eat Food Brands/Products

[illegible]



# WEEKLY MEAL PLANNER

Monday	B
	L
	D
Tuesday	B
	L
	D
Wednesday	B
	L
	D
Thursday	B
	L
	D
Friday	B
	L
	D
Saturday	B
	L
	D
Sunday	B
	L
	D

## SHOPPING LIST

[illegible]

## NOTES

[illegible]

B - Breakfast

L - Lunch

D - Dinner

# GROCERY LIST PLANNER

## PRODUCE

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## MEAT

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## DAIRY

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## BEVERAGES

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## BAKERY

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## PANTRY/OTHER

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# RECIPE CREATOR

TITLE:

## INGREDIENTS

## PREPARATIONS

# KITCHEN CONVERSION CHART

## DRY MEASUREMENTS

CUP	TBSP	TSP	FL OZ	ML
1	16	48	8	237
3/4	12	36	6	177
2/3	10 2/3	32	5	158
1/2	8	24	4	118
1/3	5 1/3	16	3	79
1/4	4	12	2	59
1/6	2 2/3	8	1 1/3	40
1/8	2	6	1	30
1/16	1	3	1/2	15

## LIQUID MEASUREMENTS

GAL	QT	PT	CUP	FL OZ
1	4	8	16	128
1/2	2	4	8	64
1/4	1	2	4	32
1/8	1/2	1	2	16
1/16	1/4	1/2	1	8
1/32	1/8	1/4	1/2	4
1/64	1/16	1/8	1/4	2

## WEIGHT MEASUREMENTS

OUNCES	GRAMS	OUNCES	GRAMS
1	28	6	170
2	57	7	198
3	85	8	227
4	113	9	255
5	142	10	284

## OVEN TEMPERATURES

°F	225	250	275	300	325	350	375	400	425	450	475	500
°C	110	120	140	150	170	180	190	200	220	230	240	260

## NOTES

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There is no text or other markings on the paper.



**Dr. Joseph Debé**

Debé Center for Optimal Nutrition & Functional Medicine

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