

The Eat-Clean Diet®

COMMANDMENTS

1

Eat more! Eat 6 small meals each day, spaced at 2 1/2 to 3-hour intervals.

2

**EAT BREAKFAST EVERY DAY,
WITHIN AN HOUR OF RISING.**

3

**AVOID WHITE SUGAR, ALCOHOL
& ARTIFICIAL SWEETENERS.**

4

Eat a combination of lean protein & complex carbohydrates at each meal.

5

Eat sufficient healthy fats every day.

6

Drink 2 to 3 liters of water each day.

7

**CARRY A COOLER PACKED
WITH CLEAN FOODS EACH DAY.**

8

*Depend on fresh fruits & vegetables
for fiber, vitamins, nutrients & enzymes.*

9

*Adhere to proper portion sizes.
Don't super-size your meals!*

10

**Eat only foods that have not been
overly processed or doused in
chemicals, trans fats and/or toxins.**