

## Smile2GetFit 4 Day Clean Eating Challenge

*Ask yourself... Is it a vegetable, a fruit, or a lean protein?  
If the answer is NO, then don't eat it!*

Vegetables	Fruits	Lean Protein
Artichokes	Apple	Boneless, skinless chicken
Asparagus	Apricots	Clams, canned drained
Beets	Banana	Eggs
Broccoli	Blackberries	Fish, cold water, wild caught
Brussels sprouts	Blueberries	(cod, salmon, halibut, tuna)
Cabbage	Cantaloupe	Fish, freshwater (catfish, tilapia, trout)
Carrots	Cherries	Game, buffalo (bison, ostrich, venison)
Cauliflower	Figs	Lean ground chicken or turkey
Celery	Grapefruit	**Shakeology
Collard Greens	Grapes	Shellfish (shrimp, crab, lobster)
Cucumbers	Honeydew Melon	Tempeh
Eggplant	Kiwifruit	Tofu, firm
Jicama	Lemon	Tuna, canned light in water
Kale	Lime	Turkey breast
Lettuce	Mango	
Mushrooms	Nectarine	<i>What else is okay?</i>
Okra	Orange	**Spices
Onion	Papaya	**Vinegars
Peppers	Peach	**Mustard (check label on condiments)
Radishes	Pear	**Clean protein powders (check label for artificial ingredients)
Snow Peas	Pineapple	
Spinach	Raspberries	
Sprouts	Strawberries	
Squash	Tangerine	
String beans	Watermelon	
Tomatoes		
Zucchini		

\*no dairy, no alcohol, no soda, no sugar, no highly processed "foods", no artificial sweeteners!

*NOTE: This is a guide based on meal plans from the 21 Day Fix, the 3 Day Refresh, and personal experience. If you aren't sure if this is right for you, then ask your doctor or refrain from using this guide!*

**Example Meal Plan:**

**Your Meal Plan:**

<p>Breakfast: Protein, Fruit Shakeology, Banana</p> <p>Snack 1: Protein, Veggie Chicken, Broccoli Slaw</p> <p>Lunch: Protein, Veggie, Fruit Turkey Chili (tomatoes, peppers), Orange</p> <p>Snack 2: Veggie Cucumber/Tomato Salad</p> <p>Dinner: Protein, Veggie Chicken, Asparagus</p> <p>Snack 3: Fruit Mixed berries</p> <p>-----</p> <p>1 Cup Protein: <input type="checkbox"/><input type="checkbox"/><input type="checkbox"/><input type="checkbox"/></p> <p>1 Cup Veggie: <input type="checkbox"/><input type="checkbox"/><input type="checkbox"/><input type="checkbox"/></p> <p>1 Cup Fruit: <input type="checkbox"/><input type="checkbox"/></p>	<p>Breakfast:</p> <p>Snack 1:</p> <p>Lunch:</p> <p>Snack 2:</p> <p>Dinner:</p> <p>Snack 3:</p> <p>-----</p> <p>1 Cup Protein: <input type="checkbox"/><input type="checkbox"/><input type="checkbox"/><input type="checkbox"/></p> <p>1 Cup Veggie: <input type="checkbox"/><input type="checkbox"/><input type="checkbox"/><input type="checkbox"/></p> <p>1 Cup Fruit: <input type="checkbox"/><input type="checkbox"/></p>
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**Example Meal Plan:**

**Your Meal Plan:**

<p>Breakfast: Protein, Veggie Eggs, BellPepper, Onion(omelette/muffin)</p> <p>Snack 1: Protein, Fruit Turkey, Cherries</p> <p>Lunch: Protein, Veggie Salmon, Lettuce/Tomato/Cucumber</p> <p>Snack 2: Veggie, Fruit Carrots, Apple</p> <p>Dinner: Protein, Veggie Shrimp, Kale Salad/Squash/Zucchini</p> <p>Snack 3: Fruit Peaches with cinnamon</p> <p>-----</p> <p>1 Cup Protein: <input type="checkbox"/><input type="checkbox"/><input type="checkbox"/><input type="checkbox"/></p> <p>1 Cup Veggie: <input type="checkbox"/><input type="checkbox"/><input type="checkbox"/><input type="checkbox"/></p> <p>1 Cup Fruit: <input type="checkbox"/><input type="checkbox"/></p>	<p>Breakfast:</p> <p>Snack 1:</p> <p>Lunch:</p> <p>Snack 2:</p> <p>Dinner:</p> <p>Snack 3:</p> <p>-----</p> <p>1 Cup Protein: <input type="checkbox"/><input type="checkbox"/><input type="checkbox"/><input type="checkbox"/></p> <p>1 Cup Veggie: <input type="checkbox"/><input type="checkbox"/><input type="checkbox"/><input type="checkbox"/></p> <p>1 Cup Fruit: <input type="checkbox"/><input type="checkbox"/></p>
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