

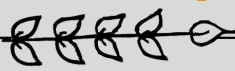
*Clean*

Eating Guide

with

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LINDSEY

ATKINS



# My STORY

The bottom line is the best way to reduce inflammation fast is to avoid these three things: gluten, dairy, and sugar. You can add on from here if you have further sensitivities, but this is the best place to start.

You may think "well I don't really eat that much gluten" or "I don't drink milk", or even "I've cut down so much on my sweets", but I'm here to tell you I said those EXACT SAME THINGS for years. In my mind, I justified everything I ate, thinking "I don't eat this every day. It's fine just this once."

Well guess what...it's not! By saying that every other time I ate something pretty unhealthy, it had turned into a huge issue and had started affecting my health. Because I exercised A LOT, I was able to stay pretty much in shape, but honestly I wasn't healthy at all.

By the time I had my third child, I knew something had to change and I started implementing some of these things here and there. It wasn't until I had my fourth child that I had finally had it with my health and my body. I completed a second Whole30 challenge and had made up my mind.

There was no going back to the junk food diet I had eaten for decades.

While this clean eating guide certainly has some of the same concepts, it's not nearly as strict as the Whole30 plan is. I find this to be the perfect mixture between that and real life (with four busy children).

I hope you enjoy this guide and you find yourself on the way to better health!

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# The BASICS

Three things to avoid:  
gluten  
dairy  
sugar

Be sure to check the ingredient list on EVERYTHING, even spices. A majority of brands sneak sugar in all of their products! Dairy can be just as sneaky as sugar. Gluten is pretty easy to tell. Most products these days are labeled gluten-free. See "What to Avoid" at the end of this guide. Alcohol is not listed in the list above, but is something I strongly recommend eliminating for one month and then reintroducing in small amounts. All alcohol contains sugar and most beers contain gluten. The goal here is to heal your body. You may even find that after this, you don't crave alcohol quite as much as you used to.

These three things can wreak havoc on your gut, in turn affecting the health of your ENTIRE BODY. When your gut is unhealthy, you can suffer from more than just digestive and intestinal issues. An unhealthy gut can be revealed to us through our skin (think eczema, psoriasis, hives, and other rashes, just to name a few), our brain health (think brain fog, depression, anxiety, etc), our weight, our energy, our joints, and more.

Right now you might be thinking "yep, check, check, check. I have several of those things." I bet no one has ever told you that these three things could cause all of these issues. Well my friends, they can and for most of us they have!

For more detailed research on gluten, dairy, and sugar and their effects on inflammation in the body, a good resource is <https://pubmed.ncbi.nlm.nih.gov>

The good news is this can be reversed and this guide is a great place to start.

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# Whole Food

# SUPPLEMENTS

Eating right is a HUGE piece of the puzzle, maybe even the biggest piece, but it still doesn't complete the puzzle. Incorporating whole food vitamins and supplements is also so important. You may have heard the old saying "you are what you eat". Well a friend and mentor of mine once said "you are what you absorb". She couldn't be more right.

When we eat, our bodies have to then do the rest of the work. The food we put in our bodies then has to be absorbed and processed by our organs. It is crucial to supplement our diet with whole food supplements.

You are probably familiar with the supplements you see at stores like Walmart, Walgreens, CVS, and even Amazon. These supplements are developed in labs and are synthetic in nature. What this means is that our bodies don't know exactly what to do with them! Isn't that sad. Think of how much money is spent on vitamins that your body doesn't even know how to fully process.

Thankfully we have doTERRA vitamins and supplements!



doTERRA Lifelong Vitality are THE WHOLE FOOD VITAMINS that you NEED! Every human, especially Americans who have been eating the SAD (standard American diet) should be taking these. They are a game changer in your health and wellness and part of this Clean Eating Guide. Probiotics such as doTERRA PB Assist and digestive enzymes such as doTERRA Terrazyme are also must haves to up your health and wellness game. Get all of these [here!](#)

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# Breakfast

# IDEAS

Eggs, eggs, eggs...

When I tell you I eat almost the exact same thing for breakfast every morning, I am so serious. Most mornings consist of eggs and sweet potatoes or sometimes even organic white potatoes.

1. Dice potatoes into a hash and cook them in a cast iron skillet over olive oil, everything bagel seasoning, and ghee
2. Cook eggs (I usually do 2) however you like them and lay on top of sweet potatoes
3. Accompany with no sugar, uncured bacon or sausage from antibiotic and hormone free pigs. Be sure to check your labels on the meat!! Many brands sneak plenty of sugar in them.

Frittatas are another amazing breakfast!

Another quick on-the-go option is a smoothie. I try not to do this TOO OFTEN because it can often be bogged down with fruit which is high in sugar (even though it's natural) and not many, if any vegetables at all! Include the veggies....I promise if there is even a little fruit in it, you won't be able to taste the veggies at all.

My favorite smoothie recipe:

Eyeball amounts for your size blender or nutribullet.

- Blueberries
- strawberries
- carrots
- kale
- spinach
- unsweetened organic almond milk or coconut milk
- Ice if using fresh produce
- chia seeds or flax seeds
- doTERRA vanilla protein powder

NOTE: if you can't keep fresh kale and spinach on hand, doTERRA greens are the best substitute!! Click [here](#) to get both the protein powder and the greens!



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# Dinner

# IDEAS

I'm simply going to give you ideas for dinner. Have fun and choose your own spices and flavors. We all have different taste buds so season as you like! As long as you are using clean spices and seasonings, you are good to go.

- ground beef or turkey with marinara over spaghetti squash
- taco boat on romaine leaves
- stuffed bell peppers with ground beef or turkey
- grilled wild caught salmon with sauteed mushrooms, yellow squash, and roasted Brussel sprouts
- chicken stir-fry
- walnut crusted lemon chicken (coat chicken in crushed walnuts and sprinkle with lemon juice)
- pork chops with asparagus and cauliflower rice
- grilled chicken salad
- pot roast with potatoes and carrots
- almond flour-coated homemade chicken tenders and homemade french fries
- farmhouse burger with fried egg on top (no bun)
- shredded salsa chicken
- salmon patties



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# What to AVOID

Check the ingredient list on everything. The best way to make sure you are avoiding everything necessary is to just eat whole foods and organic meat.

Other names for sugar: agave nectar, barley malt syrup, beet sugar, brown rice syrup, brown sugar, cane crystals (or cane juice crystals), cane sugar, coconut sugar or coconut palm sugar, corn sweetener, corn syrup or corn syrup solids, dehydrated cane juice, dextrin, dextrose, evaporated cane juice, fructose, fruit juice concentrate, glucose, high-fructose corn syrup, honey, lactose, maltodextrin, malt syrup, maltose, maple syrup, molasses, palm sugar, raw sugar, rice syrup, saccharose, sorghum or sorghum syrup, sucrose, syrup, turbinado sugar, xylose.

Dairy can be sneaky too. Other names for dairy are acidophilus milk, ammonium caseinate, butter, butter esters, butter fat, butter oil, butter solids, buttermilk, buttermilk powder, casein (or anything with casein in the name), cheese (all animal-based), condensed milk, cottage cheese, cream, curds, custard, delactosed whey, demineralized whey, dry milk powder, dry milk solids, evaporated milk, half & half, lactose (or anything containing "lact" in it), milk, milk derivative, milk fat, milk powder, milk protein, milk solids, natural butter flavor, nonfat milk, skim milk, whole milk, sour cream, whipped cream, whipped topping.

Gluten may not be directly on the label. Alternative names are triticum vulgare (wheat), triticale (a cross between wheat and rye), hordeum vulgare (barley), secale cereale (rye), triticum spelta (spelt, a form of wheat), wheat protein/hydrolyzed wheat protein, wheat starch/hydrolyzed wheat starch, wheat flour/bread flour/bleached flour, bulgur: a form of wheat, malt: made from barley, couscous: made from wheat, farina: made from wheat, pasta: made from wheat unless otherwise indicated, seitan: made from wheat gluten and commonly used in vegetarian meals, wheat or barley grass: will be cross-contaminated, wheat germ oil or extract: will be cross-contaminated.

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# Thank YOU

This clean eating guide is a great place to start! While I recognize that it is pretty strict, we sometimes have to make drastic changes to heal ourselves. I recommend following this guide for a minimum of 30 days. In some cases 60-90 days may be required for healing. Once this healing is complete, you may be able to add in certain food groups back to your diet. Gluten is one; however, that should never be reintroduced because its inflammatory properties affect everyone!

I hope you enjoy using this guide to start YOUR path to better health!!

XO  
Lindsey



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