

Clean Eating *Made Easy*



“The roadmap to eating well for women who want more energy, balance, and vitality.”

WELCOME!



Hi friend, I'm so glad you're here. Choosing to take this step shows that you're ready to give your body the nourishment and care it deserves. I believe living a healthy, joyful life begins with the choices we make every single day — and those choices don't need to feel overwhelming or complicated. That's why I created Clean Eating Made Easy — to cut through the confusion and show you how simple, satisfying, and empowering eating well can be. Clean eating is about returning to the basics: whole, real foods that fuel your body, steady your energy, and support your long-term health. Inside this guide, you'll find practical steps that fit into real life - a clear path forward that feels doable and sustainable. As you put these ideas into practice, you may notice your energy rise, your focus sharpen, and your cravings calm. Over time, you'll feel lighter, clearer, and more confident in the choices you make. This is the beginning of something powerful. I'm honored to walk beside you as you discover how nourishing your body can bring more balance, energy, and joy into your life. Are you ready? Let's dive in. Peace & love, Trish

Getting Started

What You'll Learn in This Guide

- Clean Eating 101 — exactly what “clean eating” means (and what it doesn't).
- 5 Simple Tips for Clean Eating — quick wins you can put into practice right away.
- How to Read Food Labels — spot sneaky claims and ingredients that don't serve you.
- The Clean 15 & Dirty Dozen — shop smarter and reduce your toxin exposure.
- The Benefits of Meal Planning — how planning saves time, money, and stress.
- Plan–Purchase–Prep — a simple method to organize your week around healthy meals.
- Weekly Meal Plan & Shopping List — your ready-to-use tools to make eating clean easy.

How to Use This Guide

Start small— pick just one or two changes this week (maybe swapping one processed food for a whole-food option). **Plan ahead** — use the meal plan and shopping list to make healthy choices automatic. **Stay curious** — notice how different foods affect your energy, mood, and digestion. **Be kind to yourself** — progress is the goal, not perfection.

A Gentle Reminder

Clean eating is a lifestyle, not a diet. The more you practice, the more confident you'll feel in your food choices. You'll discover how nourishing meals can: Boost your daily energy Support healthy weight loss Balance your hormones and digestion Reduce inflammation and cravings Leave you feeling lighter, clearer, and more in control This is your roadmap to feeling vibrant, confident, and empowered — without the overwhelm.

Why What You Put In & On Your Body Matters

Your body is always working toward balance — also called homeostasis. That means it’s constantly adjusting to keep your energy, mood, hormones, digestion, and sleep in check.

But here’s the truth: every single thing you put into your body (food, drinks, supplements) and onto your body (skincare, cleaning products, personal care) speaks to your cells and affects how much energy your body has left to restore, repair, and heal.

When the Body is Overloaded with toxins

If your body is constantly busy breaking down processed foods, sugar, additives, alcohol, or toxins from products, it gets stuck in “management mode” instead of “healing mode.”

This can show up as:

- Low energy and afternoon crashes
- Mood swings or irritability
- Restless sleep or poor recovery
- Digestive discomfort like bloating or irregularity
- Brain fog or lack of focus
- Weight challenges that don’t seem to budge

How Clean Choices Support Healing:

When you fuel your body with whole, clean foods and reduce exposure to toxins, your body doesn't have to "fight" as much. Instead, it can use its energy for balance and vitality.

This shift brings:

-  Steady energy throughout the day
-  Better digestion and gut health
-  Balanced hormones and blood sugar
-  Stronger immune function
-  Improved mood and clearer mind
-  Confidence in your body again

A Gentle Reminder

Every choice you make is a message to your body. When you choose foods and products that truly nourish you, you not only give your body a chance to get to homeostasis, you're telling yourself:

"I am worth feeling healthy, vibrant, balanced, and empowered."

CLEAN EATING 101



The basis of clean eating is consuming primarily whole, unprocessed foods. Processed foods should be limited. Eating clean revolves around maintaining a balanced and personalized diet of fresh, unprocessed food, including fruits, vegetables, whole grains, healthy fats, eggs, meats, fish, and some dairy. Why should we be eating clean? Many advocates cite clearer skin, weight loss, increased energy, stronger hair and nails, improved mental health, and better sleep. Rather than simply going on diets, individuals often make sustainable lifestyle shifts when they choose to eat clean. Clean eating does not necessarily come with its own set of guidelines, but here are some tips to help you reduce your exposure to chemicals, hormones, and highly processed ingredients.

FIVE TIPS FOR EATING CLEAN

1| **Keep it whole.**

Stick to whole foods – those that occur in nature. Examples include fresh fruits and vegetables, grass-fed and free-range meats, dairy, eggs, whole grains, nuts, and seeds.

2| **Experiment with home cooking.**

When you cook for yourself, you're almost guaranteed a more nutritious meal. Restaurant food is often higher in salt and sweeteners compared to foods you might prepare at home. It's also often difficult to know the quality of ingredients used in a restaurant setting. Start small by keeping it simple and build your cooking repertoire as you learn more.

3| **Limit refined carbohydrates.**

You'll want to remove or at least reduce the amount of white foods (those made from white sugar or white flour) from your diet if you're aiming to eat clean. This includes all standard desserts containing white sugar as well as refined grains (like white rice) and foods containing white flour (like pasta, pastries, and bread).

4| **Maintain consistent eating times and try not to skip meals.**

Keeping your blood sugar stable greatly contributes to healthy food choices. When you wait too long between meals or eat processed foods that spike blood sugar – leading to a crash in energy – you're more likely to reach for foods high in sugar, fat, or caffeine to keep up your energy. If you continue this cycle of highs and lows, you may feel irritable and exhausted. By eating whole foods every few hours, you avoid extreme shifts in your blood sugar. Additionally, nutritious food choices help support more stable blood sugar regulation, which can help reduce inflammation.

5| **Balance your plate.**

You should aim to get protein, carbohydrates, and fat at every meal. This will create optimal blood sugar levels and may stave off cravings and brain fog. Some examples of great protein sources include grass-fed meat, fish, tempeh, and legumes. Top-notch fat options are avocado, olive oil, nuts, and seeds. When reaching for complex carbs, try whole grains, like quinoa, brown rice, or buckwheat, and vegetables, like sweet potatoes, brussels sprouts, or artichokes.

FOOD LABEL CLAIMS

Whether on a package of eggs in your grocery store or a menu in your favorite restaurant, words like “free-range,” “grass-fed,” “natural,” and “organic” are everywhere these days. Many food labels can be confusing, so knowing what a food label truly means is a great way to educate yourself about where your food comes from and how it’s been produced. Below is a list of common food claims. There’s always new food label claims popping up, so if you come across a new phrase, be sure to take some time to do your own research and learn what it really means.



ANTIBIOTIC-FREE

“Antibiotic-free” means an animal wasn’t given antibiotics during its lifetime. Other phrases to indicate the same thing include “no antibiotics administered” and “raised without antibiotics.”

CAGE-FREE

“Cage-free” means the birds were raised out of cages. What this doesn’t tell is whether the birds were raised outdoors on pasture or indoors in overcrowded conditions. If you eat eggs, poultry, or meat, look for “pastured” or “pasture-raised.”

FAIR TRADE

The “fair trade” label means farmers and workers, often in developing countries, have received fair wages and work in acceptable conditions.

FREE-RANGE

“Free-range” and “free-roaming” on egg and poultry labels are only defined by the USDA. These labels can be used as long as the producers allow the birds some access to the outdoors. It doesn’t necessarily mean the products are cruelty-free or antibiotic-free, or that the animals spent the majority of their time outdoors. Claims are defined by the USDA, but aren’t verified by third-party inspectors.

GRAIN-FED

Animals raised on a grain diet are labeled “grain-fed.” Check the label for a “100% vegetarian diet” claim to ensure the animals were given feed containing no animal by-products.

GMO-FREE, NON-GMO, OR NO GMOS

GMOs, genetically modified organisms, are plants or animals that have been genetically engineered with DNA from bacteria, viruses, or other plants and animals. Products can be labeled “GMO-free” if they’re produced without GMOs.

GRASS-FED

This means animals were fed grass, their natural diet, rather than grains. In addition to being more humane, grass-fed meat is leaner and lower in fat and calories than grain-fed meat. Grass-fed animals are not fed grain, animal by-products, synthetic hormones, or antibiotics to promote growth or prevent disease – although they may be given antibiotics to treat disease. A “grass-fed” label doesn’t mean the animal necessarily ate grass its entire life. Some grass-fed cattle are grain-finished, which means they ate grain from a feedlot prior to slaughter. Look for “grass-fed and grass-finished.”

HEALTHY

Foods labeled “healthy” must be low in saturated fat and contain limited amounts of cholesterol and sodium. Certain foods must also contain at least 10% of the following nutrients: Vitamin A or C, iron, calcium, protein, or fiber.

NON-IRRADIATED

This label means the food hasn’t been exposed to radiation. Meat and vegetables are sometimes irradiated (exposed to radiation energy) to kill disease-causing bacteria and reduce the incidence of foodborne illness. No thorough testing has been done to know if irradiated food is safe for human consumption.

PASTURE RAISED

“Pasture-raised” indicates the animal was raised on a pasture where it was able to eat nutritious grass and other plants, rather than being fattened on grain in a feedlot or barn. Pasturing livestock and poultry is a traditional farming technique that allows animals to be raised in a humane manner. Animals are able to move around freely and behave naturally. This term is very similar to “grass-fed,” though the term “pasture-raised” indicates more clearly that the animal was raised outdoors on pasture.

HORMONE-FREE

The USDA has prohibited use of the term “hormone-free,” but animals that were raised without added growth hormones can be labeled “no hormones administered” or “no added hormones.” By law, hogs and poultry cannot be given any hormones. If the meats you’re buying aren’t clearly labeled, ask your farmer or butcher if they’re free of hormones.

NATURAL

Currently, no standards exist for this label except when used on meat and poultry products. USDA guidelines state that “natural” meat and poultry products can only undergo minimal processing and can’t contain artificial colors or flavors, preservatives, or other artificial ingredients. However, “natural” foods aren’t necessarily sustainable, organic, humanely raised, or free of hormones and antibiotics.

HERITAGE

A “heritage” label describes a rare and endangered breed of livestock or crops. Heritage breeds are traditional livestock that were raised by farmers in the past, before industrial agriculture drastically reduced breed variety. These animals are prized for their rich taste, and they usually contain a higher fat content than commercial breeds. Production standards are not required by law, but true heritage farmers use sustainable production methods. This method of production saves animals from extinction and preserves genetic diversity.

ORGANIC

All organic agricultural farms and products must meet the following guidelines (verified by a USDA-approved independent agency):

- Abstain from the application of prohibited materials (including synthetic fertilizers, pesticides, and sewage sludge) for three years prior to certification and then continually throughout their organic license.
- Prohibit the use of GMOs and irradiation.
- Employ positive soil building, conservation, manure management, and crop rotation practices.
- Provide outdoor access and pasture for livestock.
- Refrain from antibiotic and hormone use in animals.
- Sustain animals on 100% organic feed.
- Avoid contamination during the processing of organic products.
- Keep records of all operations.

If a product contains the “USDA Organic” seal, it means that 95-100% of its ingredients are organic. Products with 70-95% organic ingredients can still advertise “organic ingredients” on the front of the package, and products with less than 70% organic ingredients can identify them on the side panel.

Organic foods prohibit the use of hydrogenation and trans fats.

RBGH-FREE OR RBST-FREE

Recombinant bovine growth hormone (rBGH), or recombinant bovine somatotropin (rBST), is a genetically-engineered growth hormone that’s injected into dairy cows to artificially increase their milk production. The hormone hasn’t been properly tested for safety, and its use isn’t permitted in the European Union, Canada, and some other countries. Milk labeled “rBGH-Free” is produced by dairy cows that never received injections of this hormone. Organic milk is rBGH free.

CLEAN EATING CHEAT SHEET

Clean Fifteen vs Dirty Dozen

Doesn't Have to be Organic

1. Avocados
2. Asparagus
3. Broccoli
4. Cabbage
5. Cantaloupe
6. Cauliflower
7. Eggplant
8. Frozen Sweet Peas
9. Honeydew Melon
10. Kiwi
11. Mushrooms
12. Onions
13. Papaya
14. Pineapple
15. Sweet corn

Buy Organic

1. Apples
2. Bell/Hot Peppers
3. Cherries
4. Celery
5. Grapes
6. Kale, Collard,
Mustard Greens
7. Nectarines
8. Peaches
9. Pears
10. Spinach
11. Strawberries
12. Tomatoes

This list was developed by the EWG (Environmental Working Group) which is an organization that helps educate the public on creating a clean diet and environment.

The Benefits of Meal Planning

If you've ever stood in front of the fridge wondering "What's for dinner?" or grabbed something quick that left you feeling drained, you're not alone. Many women feel overwhelmed by food decisions — but meal planning can change everything. Meal planning isn't about perfection or rigid rules. It's about creating clarity, confidence, and ease around food so you can nourish your body, support your hormones, and feel your best.

Why Meal Planning Matters

1. **More Energy Every Day** Planning balanced meals helps stabilize blood sugar, reduce energy crashes, and give you steady fuel to move through your day with clarity and focus.
2. **Less Stress Around Food** No more last-minute decisions or second-guessing. A plan takes the guesswork out of eating so you can spend less time worrying and more time enjoying your meals.
3. **Saves Time (and Money!)** With a grocery list and simple prep, you'll shop smarter, reduce waste, and cut down on those last-minute takeout runs.
4. **Supports Your Health Goals** Whether your goal is to lose weight, balance hormones, or just feel better, meal planning helps you consistently make choices that align with your bigger picture.
5. **Builds Confidence in the Kitchen** Instead of feeling overwhelmed, you'll discover how simple and enjoyable nourishing meals can be. You'll know exactly what to reach for and why.

How to Meal Plan & Prep

1. Make a Weekly Meal + Grocery List

- Choose 3–4 core meals you enjoy (breakfasts, lunches, dinners).
- Write out your grocery list from those meals to stay on track.

2. Shop with Your List

- Stick to your list to reduce stress and impulse buys.
- Focus on fresh produce, lean proteins, and whole-food staples.

3. Prep Your Proteins

- Cook or marinate chicken, turkey, fish, or plant-based proteins.
- Freeze what you won't use in the next 3 days.

4. Cook Your Staples Once

- Batch-cook grains (brown rice, quinoa) and roast a tray of vegetables.
- Keep sweet potatoes, salads, and easy sides ready to reheat.

5. Keep Quick Meals & Snacks on Hand

- Wash and chop fruits and veggies for grab-and-go snacks.
- Keep guacamole, hummus, and prepped veggies ready for dipping.

6. Build a Salad Base

- Make a large salad bowl to use as a base.
- Add protein, grains, or extras to create quick, nourishing meals.

7. Stay Flexible

- Planning is about making life easier, not rigid rules.
- Mix and match your prepped items to keep meals fresh and enjoyable.

Reminder: Meal planning isn't about being perfect — it's about setting yourself up with nourishing choices that give you energy, save time, and bring more ease into your week.

Weekly Meal Planner

Monday

Date: _____

Tuesday

Date: _____

Wednesday

Date: _____



Thursday

Date: _____

Friday

Date: _____

Saturday

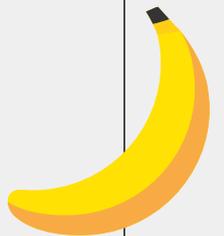
Date: _____



Sunday

Date: _____

Note:



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You Did It

You've just taken a powerful step toward nourishing your body in a way that feels simple, sustainable, and supportive. Clean eating isn't about perfection — it's about awareness, consistency, and giving your body what it needs to thrive.

What's Next? As you continue this journey, remember: small, steady changes often lead to the biggest results. Keep leaning into what feels good for your body and notice how your energy, mood, and confidence begin to shift.

Signs of Progress to Look For:

- 🌿 Feeling more energized throughout the day
- 🌿 Sleeping more soundly and waking refreshed
- 🌿 Fewer cravings for processed or sugary foods
- 🌿 Better digestion and less bloating
- 🌿 Clearer thinking and steadier moods
- 🌿 A greater sense of balance and well-being

Even the smallest improvement is a sign your body is responding and moving toward greater health. **Ready for More Support?** If you're feeling inspired by the progress you're making and want to go deeper, I'd love to walk alongside you. My individualized coaching program is designed to help women feel more vibrant, confident, and in tune with their bodies. Together, we'll create a plan tailored to your unique needs and lifestyle. Reach out to me anytime for more information or to schedule a free discovery call. You don't have to do this alone — I'm here to support you every step of the way.

Peace & love,

Trish

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If you are looking for guidance along your health journey, I would be honored to walk alongside you. I'm a Certified Holistic Health Coach who helps women reclaim their energy, confidence, and vitality through balanced nutrition and mindful living. My mission is to empower women with a personalized, holistic roadmap to take control of their health, energy, and happiness—without confusion or overwhelm. I am deeply passionate about living a healthy, balanced life and inspiring others to do the same. It's never too late to make the changes necessary to nurture your body, mind, and soul. To learn more about my personalized health coaching program, visit my website. I look forward to being a part of your journey.

Peace and Love,

Trish



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