



5 TIPS FOR EATING CLEAN EBOOK

RECIPES & TIPS
TO NAIL HEALTHY
LIVING

FIT BODY BY *Nikki*

By Nikki Auckland

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INTRODUCTION

"Transform Your Health and Unleash Your Energy with These 5 Simple Tips for Eating Clean – Discover the Path to a Vibrant, Refreshed You!"

Brought to you by personal trainer, pilates instructor & facilitator and nutrition coach Nikki Auckland from Fit Body By Nikki.

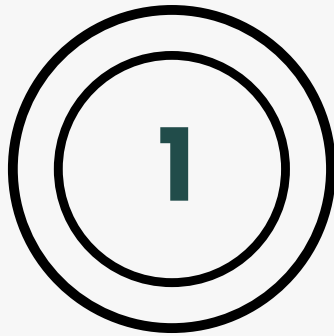


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UNDERSTANDING THE POWER OF CLEAN EATING



Welcome to the transformative journey of clean eating! In this chapter, we delve into the foundational principles of clean eating and its profound impact on your overall health and well-being. By grasping the power of clean eating, you'll unlock the potential to revitalise your body and elevate your energy levels to new heights.



Fueling Your Body with Real Nourishment:

Clean eating involves consuming whole, unprocessed foods rich in essential nutrients, which provide your body with the building blocks for optimal functioning.

Supporting Digestive Health:

By opting for clean foods, you'll promote a healthy gut, enhance nutrient absorption, and reduce the risk of digestive issues, fostering a strong immune system.

Balancing Your Mood and Mental Clarity:

Clean eating positively impacts brain health, leading to improved cognitive function, better focus, and a more stable emotional state.

WRAPPED UP: Clean eating is not just a trend; it's a holistic approach to nourishing your body. Embracing real, whole foods is the first step towards reclaiming your health and vitality. By steering clear of processed foods, you'll provide your body with the nutrients that serve as the fuel that empowers your body's various systems, leading to increased energy, improved immune function, and enhanced overall well-being.

Your digestive health will benefit from clean eating. By consuming foods in their natural state, you promote a diverse and flourishing gut microbiome.

Beyond the physical realm, clean eating has a profound impact on your mental clarity and emotional stability. A diet rich in fruits, vegetables, and healthy fats supports brain health, leading to better cognitive function and reduced risk of cognitive decline. Additionally, stabilising blood sugar levels through clean eating helps balance moods and curbs mood swings.

"LET FOOD BE THY MEDICINE,
AND MEDICINE BE THY FOOD."
- HIPPOCRATES

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NAVIGATING THE GROCERY STORE AISLES: SMART CHOICES FOR CLEAN EATING

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Step into the world of savvy shopping as we explore the art of navigating the grocery store aisles with clean eating in mind. In this chapter, you'll gain invaluable insights into making informed choices and deciphering food labels, empowering you to fill your cart with wholesome, nourishing options that align with your health goals.

Decoding Food Labels:

Learn to read and understand food labels, uncovering hidden additives, sugars, and unhealthy fats to make well-informed decisions. TIP: the first ingredients has the largest qty in the product. Read the labels and confidently select products that contribute to your well-being.

Choosing Fresh, Seasonal Produce:

Discover the benefits of opting for fresh, locally-sourced, and seasonal fruits and vegetables, while reducing your carbon footprint. Not only do these fruits and vegetables pack a punch of nutrients, but they also taste their best when in season



Exploring Healthy Substitutes:

Identify and incorporate clean alternatives for common processed ingredients, enhancing the nutritional value of your favourite recipes. Keep an eye out for healthier alternatives to common processed ingredients. Opt for whole grains instead of refined grains, and choose natural sweeteners like honey or maple syrup over processed sugars.

"THE FOOD YOU EAT CAN BE EITHER THE SAFEST AND MOST POWERFUL FORM OF MEDICINE OR THE SLOWEST FORM OF POISON." - ANN WIGMORE

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The art of meal prep and planning is your secret weapons for embracing clean eating with ease. By mastering the art of preparation, you'll save time, reduce stress, and set yourself up for success on your path to better health and well-being.

Benefits of Meal Prep:

Meal prep and planning are the superheroes of clean eating, simplifying your daily routine and aligning your choices with your health goals. By dedicating some time to meal prep each week, you'll experience the joy of saving time and effort while ensuring that nourishing meals are just a grab away.

Strategic Weekly Planning:

Weekly planning takes your clean eating journey to a whole new level of organization and success. By mapping out your meals in advance, you can ensure they are well-balanced and diverse, covering all the essential nutrients your body needs. Creating a detailed grocery list streamlines your shopping experience, preventing impulse purchases and helping you stick to your clean eating objectives.

Batch Cooking and Freezing:

Embrace the power of batch cooking to make the most of your time in the kitchen. By preparing larger quantities of your favorite recipes, you can freeze individual portions for later consumption. This approach not only saves time but also minimizes food waste and encourages you to opt for homemade meals instead of reaching for processed convenience foods.



EMBRACING A CLEAN EATING LIFESTYLE: SUSTAINING LONG-TERM WELLNESS



In this pivotal section, we delve into the significance of embracing clean eating as a lifestyle rather than a short-term endeavor. By integrating these principles into your daily routine, you'll embark on a lifelong journey of sustained wellness,

Mindful Eating for Life:

Understand the importance of mindful eating as a lifelong practice, fostering a deep connection with your body's needs and enhancing your overall relationship with food.

Building Healthy Habits:

Discover the power of consistency and habit-building, ensuring that clean eating becomes an integral part of your lifestyle without feeling restrictive.

Cultivating a Supportive Environment:

Learn to navigate social situations and create a supportive community that embraces and encourages your clean eating choices. It can be beneficial to talk to your friends and family to explain how important their support is.



"SUCCESS IS THE SUM OF SMALL EFFORTS REPEATED DAY IN AND DAY OUT." - ROBERT COLLIER

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GREEN JUICE BENEFITS & RECIPE

Are you looking for a delicious and nutritious way to boost your well-being? Look no further than green juice! Packed with vitamins, minerals, and antioxidants, this vibrant elixir offers a host of health benefits



Sip Your Way to Health with Green Juice!

Boosted Immunity: The vitamin C in green juice helps strengthen your immune system. **Improved Digestion:** Green vegetables aiding digestion and promoting a healthy gut. **Detoxification:** Chlorophyll in green juice, supports your body's natural detox process

Green Glow Juice Recipe

- 1 cup kale leaves
- 1 cup spinach leaves
- 1 cucumber
- 2 green apples
- 1 lemon (peeled)
- 1-inch piece of ginger
- ½ cup fresh parsley
- Ice cubes (optional, for a refreshing chill)



Method

1. Wash ingredients thoroughly.
2. Chop and add all the ingredients into your juicer, starting with the leafy greens.
3. Juice until you have a vibrant green liquid, pour over ice
4. Give it a stir and enjoy your Green Glow Juice!



There's a lot to love about a wholesome breakfast that's as quick and easy and tastes delicious. It all gets dumped in your blender and blitzed just long enough to break down the oats (some chunky pieces are okay) and mix everything together



Protein Pancakes

- 1/2 cup old-fashioned oats
- 1/2 cup cottage cheese
- 2 large eggs
- 1/8 tsp salt
- Maple syrup, jam, or sliced berries, for serving

TIPS FOR COOKING

You'll notice the pancakes are slightly thinner and a bit more delicate than traditional pancakes. For this reason, they cook best in a nonstick pan, and I also recommend a thin, flat spatula for easy flipping.

Method

1. Place the oats, cottage cheese, eggs, and salt in a blender and process on high speed until well-combined, about 30 seconds.
2. Heat a large nonstick frying pan over medium heat. Working in batches, add the batter in 2-tablespoon portions, spacing them evenly apart. Cook until the pancakes are set around the edges and deep golden-brown on the bottom, 2 to 3 minutes (this batter won't bubble up like traditional pancake batter). Gently flip the pancakes with a thin spatula and cook until the second side is golden-brown, 1 to 2 minutes more. Transfer to a plate.
3. Repeat cooking the remaining batter. These pancakes are best when eaten fresh. Serve with maple syrup, honey, or jam.

- Can store in the fridge for 3 days in an airtight container

SERVES 2
CAL: 309
PROTEIN: 15.3g
CARBS: 43.7g
FAT: 8.6g



Book a Kick Start Call with our experts

Congratulations on taking the first step towards a healthier you by reading our ebook . To further enhance your journey and join our supportive community, book a Kick Start Call with us today! Our experts are ready to guide you through personalised strategies and answer any questions you may have.



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