

# GO CLEAN AND LEAN

## 6/1 Meal Plan

The Heart & Body Naturals 6/1 Meal Plan is not a diet but a delicious lifestyle. A simple, easy-to-follow, lifestyle that everyone can be successful with and that doesn't leave anyone feeling deprived. Best of all, no matter what plan you are currently following; Keto, Paleo, Atkins, Weight Watchers, etc. - the 6/1 Meal Plan works seamlessly with all existing plans or you can adopt it as your new favorite plan and lifestyle.

Six days a week you will 'mix & match' your meals from our easy to follow 6/1 Meal Plan chart. You will select one food choice from either the fruits, starches, or proteins category and then combine it with unlimited amounts of food choices in category 4, non-starchy vegetables.

It's easy meal planning at its best and you are never deprived of a specific food type because you choose if you are going to enjoy a protein or a starch and then fill your plate with unlimited amounts of vegetables.

When designing the Go Clean & Lean 6/1 Meal Plan we focused on foods that taste great, are known to reduce inflammation, and combine well in the digestive tract for optimal nutrient absorption and pH balance. While you'll lose weight, you'll also experience increased energy, better focus, improved sleep, less pain, and a radiant natural beauty because although it's cliché, you truly are what you eat.

Though food combining principles can get very complicated, depending on which expert you ask, at Go Clean & Lean, we prefer to keep them straightforward. Simply pick whichever food from Category 1, 2, or 3 you are craving the most at that moment, and then fill the rest of your plate with raw and/or cooked non-starchy vegetables from Category 4. You can also add up to 1 tablespoon of foods from Category 5. Easy!

### **Choose a protein or starch for each meal, but not both.**

Eat proteins first with cooked or raw non-starchy vegetables. Do not eat protein with fruit, grains, and other starchy foods.

Although we're pretty used to digging in the bread basket before our steaks (or legumes, nuts, seeds, etc.) it's best to eat protein foods first as they require the most digestive enzymes compared to those required for plants and starches. When you eat protein-rich foods after starches or other food, your stomach acids will not be sufficient for their digestion.

Rice and beans? **No.** Rice and stir fried vegetables? **YES!**

Steak and potatoes? **No.** Steak and oven roasted vegetables? **YES!**

Eggs on toast? **No.** Vegetable omelet? **YES!**



## The 6/1 Meal Plan Rules

1. Six days a week, you'll plan your meals by picking one food from Category 1 (fruits), Category 2 (starches), or Category 3 (proteins).
2. Then choose unlimited raw or cooked non-starchy vegetables from Category 4 (free foods).
3. You'll eat when you're hungry, not at any specific time of the day or at any specific mealtime.
4. Always eat fruit, melons, nuts, and seeds either for breakfast, alone, or 4 hours after eating anything else.
5. Enjoy one healthy cheat day per week.

Many of our users tell us that the combination of SLIMMER and VITALITEA creates a significant decrease in their appetite so they're only eating 1 or 2 small meals a day, a piece of fruit for breakfast, and snacking on vegetables and soup.

### Step 1: Pick one (1) food from one (1) category below at each meal

<b>CATEGORY 1 FRUITS</b>	<b>CATEGORY 2 STARCHES</b>	<b>CATEGORY 3 PROTEINS</b>
Apples	Acorn Squash	Cheese
Avocado	Beans (kidney, etc.)	Eggs
Bananas	Butternut Squash	Fish
Berries	Carrots	Ice Cream
Grapefruit	Cereals	Milk
Grapes	Chickpeas	Pork
Kiwi	Corn	Poultry
Mango	Grains	Red Meat
Melon	Green Peas	Yogurt
Nectarines	Lentils	
Oranges	Oats	
Papaya	Parsnips	
Peaches	Pasta	
Plums	Plantain	
	Potatoes	
	Pumpkin	
	Rice	
	Yams	

### Step 2: Pick unlimited raw or cooked non-starchy vegetables.

<b>CATEGORY 4 FREE FOODS</b>	Broccoli	Garlic	Parsley
Artichokes	Brussels Sprouts	Ginger	Scallions
Asparagus	Cabbage	Green Beans	Spaghetti Squash
Bamboo Shoots	Cauliflower	Greens (collard, etc.)	Spinach
Beets	Celery	Jalapeño Peppers	Sprouts
Bell Peppers	Cucumber	Kale	Sugar Snap Peas
Bok Choy	Eggplant	Leafy Lettuces	Tomatoes
	Fennel	Onions	Zucchini

*You can also enjoy these free items: Butter, Coconut Water, Cold-pressed Oils, Dark Chocolate (70%+), Heavy Cream, Lemons, Limes, and Non-dairy Nut or Seed Milk (e.g. Almond Milk, Cashew Milk, Sunflower Seed Milk)*

### Step 3: Use up to 1 tablespoon of these extras per meal.

<b>CATEGORY 5 NUTS, SEEDS &amp; DRIED FRUITS</b>	
Almonds	Hemp Seeds
Brazil Nuts	Macadamias
Cashews	Pecans
Chia Seeds	Pistachios
Dried Fruits	Sesame Seeds
Flax Seeds	Sunflower Seeds
Hazelnuts	Walnuts

### Success Tips: Keep these tips in mind as you plan and eat your meals.

- Eat fresh fruit alone, preferably on an empty stomach. This is especially true for melons as they digest very quickly. Fresh fruit can generally be paired with raw, leafy greens in salads or smoothies without interfering with digestion.
- If you get hungry between meals, snack on your favorite non-starchy vegetables.
- Wait at least 3 hours before changing categories.