

# 10 TIPS FOR CLEAN EATING

**NANCY'S NUTRITION, INC.**  
HEALTH & WEIGHT LOSS COACH





## 10 Tips for Clean Eating

1. Avoid all sugar & artificial sugar, except from fruit
  2. Drink pure water all day between meals (half your bodyweight in ounces)
  3. Avoid all bread, baked goods & pasta
  4. Make sure to eat lean protein with every meal such as fish, chicken, turkey, pork, lean beef, tofu, tempeh and pea protein.
  5. Always eat free range, grass fed, organic meats without hormones
  6. Avoid simple carbohydrates like white bread, flour, rice, grains and sugar.
  7. Eat 5-7 vegetables per day and avoid starchy vegetables like potatoes & turnips because they turn to sugar in your body.
  8. Eat healthy fats every day such as olive oil, coconut oil, flaxseed oil, nut butters and avocados.
  9. Eat green leafy vegetables everyday like spinach, kale, mustard greens, dandelion greens, romaine lettuce, etc. to help you detox.
  10. Avoid all sodas, sugary drinks and artificially sweetened ones.
- Focus on water & green tea.



*About Health & Weight Loss Coach*

## **Nancy Javaras**

*Health & Weight Loss Coach Nancy Javaras has over 20 years of experience in digestive health, weight loss and nutritional coaching. Nancy's guidance and coaching gives clients more energy, better vitality, improves sleep, promotes positive heart health and most importantly weight loss through healthy eating, digestion & detox. She is an expert in gut health/digestive issues and has helped hundreds of clients live their life without the uncomfortable symptoms of digestive issues such as constipation, diarrhea, heartburn and other gut related issues.*

*Her health coaching also helps to reduce the symptoms of joint pain, ease allergies & asthma, help with headaches or migraines, reduce the risk of heart disease, cancer, stroke & diabetes.*