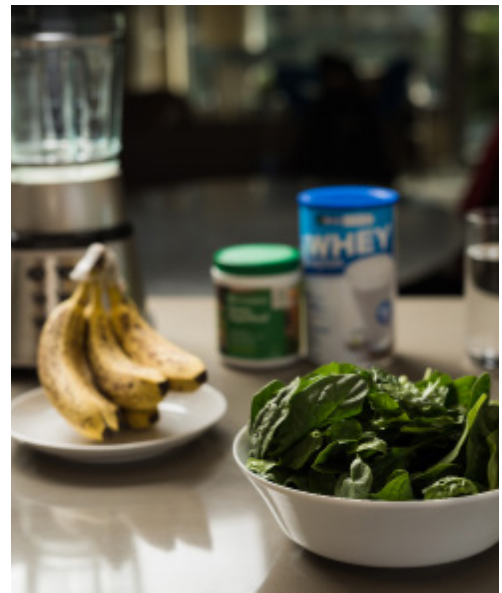


# Guide to Eating Clean and Getting Lean

Includes 10 of JJ's Most Popular Recipes and Meal Prep Ideas



# Guide to Eating Clean for Getting Lean

## INTRODUCTION

In this guide, I'll provide you with a framework and tools for eating to your body composition goals that will still allow you to enjoy your life. My coaching methods have helped hundreds of clients reduce their body fat, get strong and become healthier and more energetic. Ditch the diets and learn a practical and effective way to approach eating for safe, long-term results.

## ABOUT JJ

As a [Personal Trainer](#) and [Group Fitness Instructor](#) at Equinox in San Francisco, I've helped hundreds of busy professionals achieve healthy and sustainable fitness goals. Formerly a partner at a top consulting firm, I understand the physical and mental challenges that my clients experience on a daily basis. [Having struggled for decades](#) to achieve a balanced, healthy approach to nutrition, I completely understand the frustration many of my clients go through. I help them realistically look at their current eating habits and goals to determine incremental, manageable improvements that will have the biggest impact. [My comments and advice](#) have recently appeared in U.S. News & World Report, Shape, Prevention, Oxygen, LiveStrong.com, Law.com, American Council on Exercise Certified News, Delicious Living and the Fitbit Blog to name a few.



# Guide to Eating Clean for Getting Lean

## WHAT IS “FLEXIBLE DIETING”?

Nutrition is both simple and complex. It's simple in that if we want to lose weight, we need to burn more calories than we eat (and vice versa if we want to bulk up). But genetic, environmental, lifestyle, psychological and social factors can affect our individual nutritional needs making them more complex. [“Flexible dieting” isn't a diet; it's a nutritional concept](#) where you have a daily calorie and [macronutrient](#) (carbohydrate, protein and fat) target and as long as those specific numbers are achieved, then food selection is left up to your personal preference. Here's the skinny on how it works.

I'll use myself as an example. As a [Precision Nutrition certified coach](#), I know that based on my [body type](#), lifestyle and fitness goals that my daily caloric needs are about 2,800kcal and that ideally those calories would come from 40% carbohydrates (280g), 25% fat (90g) and 30% protein (210g). The method I use for myself and my clients is fairly sophisticated, but there are many decent [online tools](#) that can give you a sense of your own needs. My numbers are a bit higher than the needs of most of my clients as I move and stand all day and am trying to gain muscle. Most folks will require fewer calories and based on their bodies may have a different percentage macro split.

Knowing how many calories I need to stay within/hit in a day and ideally how those calories should be broken down to help me achieve my goals is great. But information without action is useless. So those who practice flexible dieting use tools like [MyFitnessPal](#) to plan and track their food. [Are these tools perfect? No](#), but they can be better than guessing/estimating/eyeballing. [Research suggests that we are bad at estimating our food intake](#) and though not perfect, tools like MyFitnessPal, nutrition labels and online databases can give us helpful info to work with.

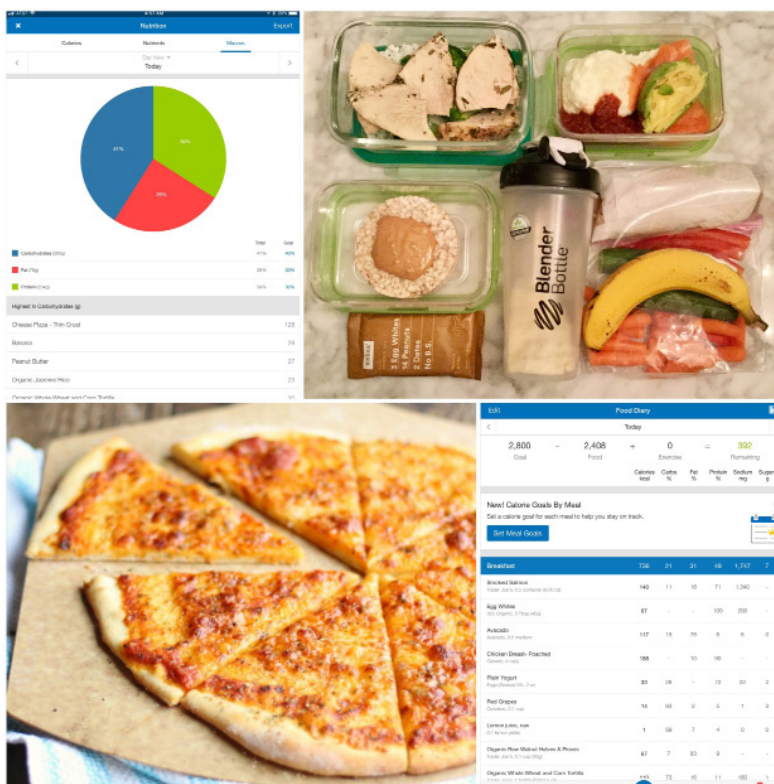
A quick note on “calorie counting,” lots of articles and industry experts say it doesn't work. And they're right. Sort of. It doesn't work for a lot of people, especially if you have a history of disordered eating. So I would never advocate or “prescribe” this method if it goes against your own food ethics. For those who are generally healthy but lacking a true understanding of what they are eating, I think short term food tracking/logging can be a very useful and eye opening experience. It can help us understand our nutritional needs, measure with “some” level of accuracy what we're actually taking in and then make changes to bridge

# Guide to Eating Clean for Getting Lean

## WHAT IS “FLEXIBLE DIETING”? (CONTINUED)

the gap. Once those changes are shown to work (or tweaked if they don't) and become part of our lifestyle, certainly we don't need to meticulously measure/track every ounce of food we eat for the rest of our lives. There are other strategies [like these](#) or simply using a [meal delivery service](#) that might better suit you.

The appeal of flexible dieting is that it allows us to include the foods we love into our menus. Here's an example of how it can work. I'm writing this having coffee with my partner Peter and we decided we want to go to [our favorite pizza place](#) for dinner tonight. I have one training client, my own workout and two massage clients today. As usual, I take a few minutes in the morning to prep my food for the day. I went into my FitnessPal and pre-logged four pieces of cheese pizza for my dinner. And then I planned my breakfast, lunch and snacks around that so I hit my kcal and macro targets. MyFitnessPal makes this pretty easy to do. So I know I'm heading into my busy day armed with the food I need to fuel me and with the knowledge that I can enjoy my pizza tonight. I left myself an extra 400 calories for margin of error or if I get a hankering for dessert (it's Saturday night after all).



# Guide to Eating Clean for Getting Lean

## WHAT IS “FLEXIBLE DIETING”? (CONTINUED)

### Example of JJ’s Flexible Dieting Menu

#### Breakfast:

- 4 oz smoked salmon
- 8 lbs egg whites (microwaved for 2m)
- 1/2 medium avocado
- 2tbs salsa

#### Lunch:

- 8 oz roast turkey (from Whole Foods prepared foods case)
- 1/2 cup frozen Jasmine rice and
- 1 cup frozen broccoli

#### Dinner:

- 4 slices of cheese pizza (The pizza place I love is local and I know they use basic ingredients. They aren’t listed in MyFitnessPal like many chains are, so I found the best match “generic cheese pizza slice”.)

#### Snacks:

- Veggie bag
- Brown rice cake and 1tbs peanut butter
- Rx Bar
- [Chicken salad](#) in a tortilla
- Banana
- 2 scoops of protein powder and BCAAs (to sip on during my workout)

Download MyFitnessPal

# Guide to Eating Clean for Getting Lean

## OPTIMIZING YOUR PRE- AND POST-WORKOUT PLATE

Now, does “Flexible Dieting” mean you can just eat whatever, whenever you want? Not exactly. We still need to get in micronutrients (vegetables, fruits, superfoods) to fuel our bodies with nutrient-dense foods. And we also need to fuel our bodies appropriately for our workouts. So...what should you eat pre- and post-workout?

I get this question a lot. A LOT. I get it from clients. I get it from friends. I even get it from the coolest fit-tech companies in the world! And it’s a GREAT question. How we fuel our bodies affects our performance in the gym, our recovery (and results) from a workout and even the microscopic cells that make us what we are. Food is important. And if you’re trying to out exercise a crap diet (or even a “meh” one) you’re likely running in place. If what you’re doing is working for you and you just want to maintain, cool. Keep doing what you’re doing. But if you want to change (lose weight/body fat, gain muscle, get stronger) consider changing you’re pre- and post-workout nutrition first.

I’m not a doctor and I don’t even play one on TV. I’m a personal trainer with a nutrition certification. This means I’ve studied a ton of stuff. I’ve worked with hundreds of people. I’ve passed a lot of tests. I have personal, professional and academic experience. But I’m NOT a nutritionist or dietician. So I never tell people what they “should” or “have” to eat. I simply direct generally healthy people (those without disorders such as Diabetes, Anorexia, Crohn’s, Hypothyroid, etc.) to credible information so they can make their own choices with consultation from their doctors and other healthcare professionals. Capish?

That said, here is how I fuel my body pre- and post-workout. My clients who follow suit (see caveat above) typically respond well physically and mentally. This isn’t the ONLY path that works. But it’s a solid one worth investigating. I wish I could take credit for it. But the smart folks at Precision Nutrition get all the credit. Definitely take the time to read Better Version of “My Plate” for a full explanation of the graphics below and more resources including a plan for those on plant-based diets. And read this piece from the Poliquin Group; they know what they’re talking about.

# Guide to Eating Clean for Getting Lean

## OPTIMIZING YOUR PRE- AND POST-WORKOUT PLATE (CONTINUED)

### Pre-Workout/Anytime Meal

Some of my “go-to” anytime meals can be found [here](#), [here](#), [here](#), [here](#) and [here](#).



### Post-Workout Meals

Some of my “go-to” post-workout meals can be found [here](#), [here](#), [here](#), [here](#), [here](#) and [here](#).



# Guide to Eating Clean for Getting Lean

## MEAL PREPPING 101: THE EASY WAY TO START EATING BETTER

So you finally accepted that eating out for breakfast, lunch and dinner makes it nearly impossible to reach your fitness and health goals? Bagels and breakfast burritos (or no breakfast at all), quick serve sandwiches and salads near the office and takeout (or worse happy hour treats) are killing your waistline and your wallet? Congrats. Acceptance is the first step. The next step is getting onboard with meal prepping and it doesn't have to be as complicated or laborious as you think.

I absolutely LOVE this piece "How to Prepare 16 Healthy Meals in 40-Minutes" from the folks at BuiltLean. It's a fantastic guide, complete with shopping lists, photos and recipes that you can customize to your tastes and goals. But for some folks even this is too much to tackle right away. And maybe you don't want to deal with meal delivery services (especially for breakfast and lunch). No worries. Here's a way to start eating healthier for those of you who just hate cooking.

### Breakfast

Check out how to make the perfect smoothie. I like this because it's easily digestible and the mix of protein, carbs and healthy fats will fuel you without overfilling you and will allow your body to absorb its nutrients.

### Lunch

It's no secret in my house. I hate to cook. Thank the universe for stores like Whole Foods and Trader Joe's. A quick stop to the Whole Foods prepared foods case and the freezer section and I'm set for the week in one shopping trip. See the image below. Get yourself some glass microwave-safe containers with a secure lid that won't leak when you travel to/from work. On your meal prep day (usually Sunday\*) fill your containers for the week with:

- One serving of a frozen "grain or starch" like frozen brown rice, cauliflower "rice", lentils or quinoa (Yes, you can do fresh if you want - just cook up a big batch and keep it in your fridge for the week).
- Two servings of frozen veggies. Anything goes and there are TONS of great combos in the freezer section. (Yes, you can do fresh if you want to spend the time to chop and prep. But frozen is fine too. Read more on that here.)
- One to two servings of a protein. The folks at Precision Nutrition generally recommend one palm sized portion for women and two for men. The prepared foods case has multiple great options like various grilled chicken breasts, rotisserie chicken, turkey burgers, turkey meatballs, grilled flank steak, salmon fillets, etc. If you buy them on Sunday they will typically last through the week in your fridge and you can also freeze them.



# Guide to Eating Clean for Getting Lean

## MEAL PREPPING 101: THE EASY WAY TO START EATING BETTER (CONTINUED)

### Dinner

Same idea as lunch. Or if you want to spice it up, dinner is most often the meal to use for food delivery services like these. Or you can also use some of these strategies if you need to eat out.

### Snacks

I typically eat 1-2 snacks each day and try to focus on getting in fresh fruits and veggies, healthy fats and proteins. So things like Greek yogurt, almonds, veggie bags (all prepped for the week at once on Sundays), cheese sticks, curry chicken salad, half an avocado and in a pinch a protein bar from this list (real food is preferred).

\*You can make all your meals for the week at one time on Sundays or you can spend about 5-10 minutes the night before putting your meals/snacks for the next day together (I do this; it saves space in the fridge). The frozen stuff defrosts overnight and I microwave it the next day for 90s-2 minutes. Easy. And better than most of the options around busy offices.



Of course these aren't the only strategies for getting to your goals. But for a lot of folks, this represents a vast improvement over the typical "quick serve" dine out culture. Make it your own and always consult a medical doctor, dietician or nutritionist if you have any food issues, allergies or disorders.

# Guide to Eating Clean for Getting Lean

## JJ'S TOP 10 RECIPES FOR EATING CLEAN AND GETTING LEAN

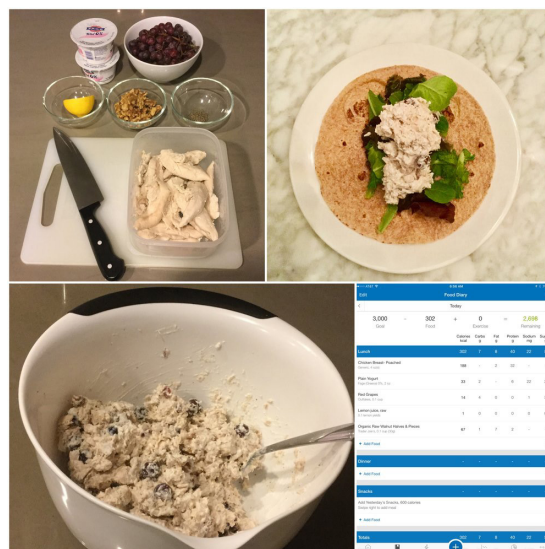
The following 10 recipes are my secret weapons for fighting the battle of the belly bulge. They are relatively easy and they can be prepared in advance and enjoyed throughout the week. Across the board these are my clients' favorites. Try 1-2 week and see which ones you enjoy!

### 1. SONOMA STYLE CHICKEN SALAD RECIPE TO BOOST YOUR PROTEIN:

This is a new twist on my old curry chicken salad recipe and it's a favorite of mine and several of my clients. It's easy to prep for the entire week and is a great way to get in protein and healthy fat. I used walnuts and grapes in this version but you can also use almonds and apples. It's great on its own, as a topper to a salad or in a wrap as shown here. At 300 calories it packs 40g of protein and only 7 carbs per serving. Give it a try; you won't be disappointed.

#### How to Do It

- Poach four large chicken breasts (about 2lb.) by putting them in a large pot, covering with water and boiling on medium/high for about 15-20 minutes.
- Chop the chicken with a butcher knife into a large bowl and add two cups of Greek yogurt, the juice from 1/2 lemon, 1/2 cup chopped raw walnuts, 3/4 cup grapes and salt and black pepper to taste.
- Mix with a fork until everything is nice and blended.
- Store in the fridge and eat throughout the week on its own, in a wrap or over greens/salad.
- Makes six servings.



# Guide to Eating Clean for Getting Lean

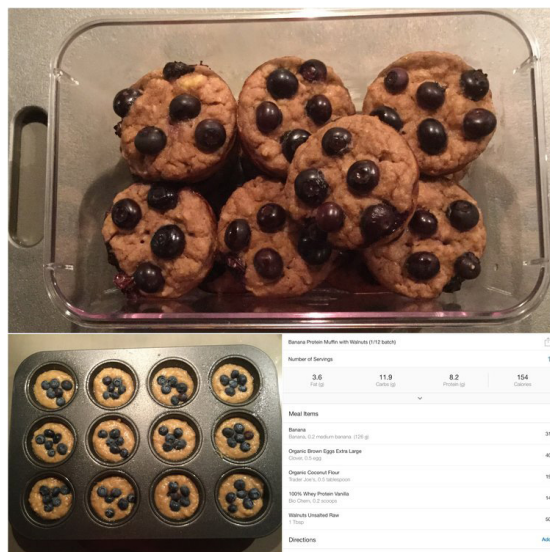
## JJ'S TOP 10 RECIPES FOR EATING CLEAN AND GETTING LEAN

### 2. BANANA BLUEBERRY EXPLOSION PROTEIN MUFFINS

These little bastards are LITERALLY my favorite food right now and are a variation on my protein pancake recipe. Pancakes are delicious and are great for a special occasion, but for a normal week they are a lot of work. So my genius partner turned them into muffins and makes them every Sunday so we have them for the week ahead. They are great pre/post workout snacks or perfect at night as a healthy dessert treat.

Mix in a big bowl with a fork:

- 3 ripe bananas (the darker, the better)
- 6 eggs
- 1/3 cup coconut flour
- 3 scoops of protein powder
- 1 cup chopped walnuts
- Pinch of All Spice
- Spray a non-stick muffin tray and fill each cup 3/4 full with the batter. Top with EXACTLY five blueberries in a star pattern (trust me, this is optimal so each bit gets a blueberry blast).



Bake at 375 degrees for 22 minutes.

Let cool and place in a container in the fridge for the week. They will last all week. If you need them last longer, they also freeze nicely, Make sure to eat them so you get a blueberry with each amazing bite.

Om nom nom.

# Guide to Eating Clean for Getting Lean

## JJ'S TOP 10 RECIPES FOR EATING CLEAN AND GETTING LEAN

### 3. QUICK AND EASY EGG WHITE MUFFINS WITH VEGGIES AND CHEESE

These mini egg white muffins are the perfect meal prep hack if you struggle getting a healthy, balanced breakfast with ample protein. A quick and easy batch of these will keep all week in your fridge and are easy to take with you to the gym or office. Pop them in a microwave for 30 seconds or just eat them cold like I do. Each muffin only has about 70 calories with only 2 carbs and 10g of protein. These include peppers, spinach, mushrooms and chives but you can add any veggies or meat (grilled chicken, turkey bacon) you like. Om nom nom.

#### Here's What to Do

- Layer your veggies in the bottom of a non stick muffin tin.
- Sprinkle a pinch of cheese (mozzarella works great).
- Pour egg whites on top to almost (but not quite) full.
- Top with chopped chives.
- Add a pinch of salt and pepper to taste.
- Bake at 375 for 20 minutes.



# Guide to Eating Clean for Getting Lean

## JJ'S TOP 10 RECIPES FOR EATING CLEAN AND GETTING LEAN

### 4. GREEK SALAD WITH SAUTEED CHICKEN

I've had the pleasure of working with the amazing Allison Tibbs for over a year. I was fortunate enough to be part of the interview team who ultimately hired her at Equinox Pine Street and I knew within the first minute of talking with her she was going to be an asset to our club, to the fitness community and to my own personal growth. Simply put, I love this fierce woman.

She was kind enough to let me “borrow” these five recipes I learned from her latest clean eating challenge. My personal favorite is her take on a traditional Greek salad. It literally makes my mouth water just thinking about it. Allison uses coconut oil to grill her chicken. I gravitate more toward olive oil (my partner's last name is Haralabopoulos, need I say more?). Both are a-ok so long as you get the “virgin” kind. In fact, in a perfect world you'd cook with both regularly giving variety to your diet. (Read more about EVOO and coconut oil [here](#) and [here](#) and decide what you prefer.) And for a great low sodium general seasoning try Trader Joe's “Everyday Seasoning” or “Lemon Pepper”.

#### Ingredients

- Chicken Breast, diced
- Kale or Romaine Lettuce
- Cherry Tomatoes
- Feta Cheese
- Hummus
- Lemon/Lemon Juice

#### Directions

- Heat coconut oil in a pan and season with salt-free seasoning, pepper, and a dash of salt
- Saute chicken breast in the pan and set aside to cool after it is cooked
- Slice cherry tomatoes lengthwise
- Place kale in a bowl then add diced chicken breast, tomatoes, and feta cheese
- Add 3 TBSP of hummus (I like garlic flavored) and squeeze the juice of one lemon wedge (or two) over the salad
- When you mix it up, the lemon juice and hummus create a nice “salad dressing”



# Guide to Eating Clean for Getting Lean

## JJ'S TOP 10 RECIPES FOR EATING CLEAN AND GETTING LEAN

### 5. THE PERFECT SMOOTHIE

I spoke with with nutritional expert and author Manuel Villacorta, M.S. and R.D. Manuel to explain the importance of including healthy fats along with protein and micronutrient rich veggies and fruits in your smoothie. This is my “go to” smoothie recipe of choice that takes about 90 seconds to throw together on the way out the door. This is a great option for breakfast/pre-workout or for lunch, dinner or a snack.

Throw the ingredients below in a decent blender for about 30 seconds:

- 2-4 scoops protein (any will do but I like Bio Chem Whey Vanilla which you can get at Whole Foods)
- 1 scoop Amazing Grass Green Superfood (also available at Whole Foods)
- 1 small banana (optional, or half a banana)
- 2 handfuls (cups) of baby spinach
- 8-16 oz water
- 1 tablespoon flax seeds, chia seeds or hemp seeds

Watch a 90s video on how to make The Perfect Smoothie



# Guide to Eating Clean for Getting Lean

## JJ'S TOP 10 RECIPES FOR EATING CLEAN AND GETTING LEAN

### 6. PETER'S TURKEY SAUTÉ WITH TOMATO SAUCE AND VEGGIES

It's no secret. The men of my household take meal prep seriously. And my partner Peter is the captain of our good ship Tasty Noms. Clients are always asking for quick, easy and healthy recipes that won't break the bank. And just last week a fellow massage student pal of mine looked longingly over her peanut butter sandwich at my salmon, sweet potatoes and steamed broccoli and asked "how do you do it?!" Based on the popularity of my recent turkey meat loaf recipe I thought I'd share one of my favorites from Chef Peter: turkey sauté with tomato sauce and veggies.

#### What You'll Need

- 1lb lean ground turkey
- Olive oil
- Canned organic diced tomatoes (no salt added)
- Salt, black pepper and garlic powder
- Italian seasoning (We use parsley, oregano and basil. If you don't have these you can use basic Italian seasoning.)
- Frozen veggies of your choice (we use organic broccoli and/or cauliflower)
- Option: if you need more carbs you'll want some frozen brown rice but it's plenty filling without it



# Guide to Eating Clean for Getting Lean

## JJ'S TOP 10 RECIPES FOR EATING CLEAN AND GETTING LEAN

### 7. SIMPLE, DELICIOUS SALMON IN 20 MINUTES

When people see me pull homemade salmon with jasmine rice and stir fried vegetables out of my lululemon lunch bag in the middle of a busy weekday they think 1. I must be fancy AF and/or 2. I must spend hours each night meal-prepping instead of binge watching Broad City. Neither are true. Here is a simple and awesome game plan for prepping up to four salmon fillets in about 20 minutes and bonus, it won't stink up your house. These keep in the fridge for several days so are perfect for quick dinners and lunches on the go.

Start with approximately 6 oz. fillets of salmon with the skin on one side. Yes, it's expensive. And yes, if you can, go for the best quality wild caught. You're putting it in your body after all. Good salmon is expensive because it's extremely nutritious with 48g of protein and 20g of healthy fats and omega-3 fatty acids, vitamin B12, vitamin D and tons of other good sh\*t. I know I sound like a stuck up Ina Garten. If cost is a big issue, you can also go for white fish like Cod which is still super packed with protein and about half the cost.

Here's what to do

- Preheat your oven to bake at 425 degrees and place your skillet inside the oven so it gets nice and hot.
- Take your salmon fillets and wash them with cool water and lay them on a paper towel lined plate skin down.
- Use a paper towel to dry the fillets.
- Season the tops of the fillets with whatever basic seasoning you like (a little salt and pepper is fine or I like Trader Joe's Lemon Pepper).
- Take out your warm skillet (use an oven mitt) and add 1-2 tablespoons of olive oil. Place the fillets in skin down and cook in the oven for about 15 minutes.
- Remove the skillet and let cool before eating or meal prepping.
- Serve with whatever sides you like.. I like Trader Joe's frozen Jasmine Rice and frozen broccoli florets (just heat them up in the microwave). But you can use whatever quick and easy sides or salad you like.



# Guide to Eating Clean for Getting Lean

## JJ'S TOP 10 RECIPES FOR EATING CLEAN AND GETTING LEAN

### 8. MOM'S MEATLOAF REMIXED

Meatloaf has a bad reputation. Granted, the name “meatloaf” is kind of funky and stirs up images of frozen dinners and 1950s housewives. But in my house, meatloaf is a weekly favorite. It’s high in lean protein, low in saturated fat and very easy to make. Each loaf yields at least three generous servings perfect for dinners at home or lunches on the go. It lasts for several days in the fridge and can also be frozen. And it’s f\*cking delicious. Heat this up at work (60-90s in the microwave) and your coworkers will drool over your shoulder while asking what smells so good. You’ll be like the Pied Piper of Hamelin. But with meat. Settle down there, vegetarians. Sub the meat for tofu and the recipe still totally works.



I have to give my handsome and amazing partner Peter credit for this recipe. Mostly. It actually started with my mom. When I moved away to college and finally had to start cooking for myself, I remember calling my mom one night missing her homemade meatloaf. She gave me her recipe over the phone and it quickly became one of the only things as a 19 year old I could make. Flash forward to my thirties and I was still rocking the recipe and used it to lure Peter in (you know what they say about men and their stomachs). Peter took the original recipe and gave it a healthier spin. We use lean ground turkey but ground chicken also works. My mom originally used lean ground beef which totally still works if ground beef is part of

your personal food ethic. We simply pair it with frozen rice (brown, jasmine or cauliflower) or 5-minute couscous and a cup of frozen veggies or a simple side salad.

# Guide to Eating Clean for Getting Lean

## JJ'S TOP 10 RECIPES FOR EATING CLEAN AND GETTING LEAN

### 8. MOM'S MEATLOAF REMIXED (cont.)

#### What You'll Need

- 1 lb lean ground meat (turkey, chicken or beef)
- 1 egg
- 6 oz plain Greek yogurt (we use 0% but up to you if you want more fat)
- 1/2 cup Italian style bread crumbs
- 1/2 cup organic marinara (try to get one low in sodium and no sugar added)
- 3 tbs olive oil
- 1 tsp Italian seasoning (or oregano and basil to taste)
- Salt and pepper to taste

#### What To Do

- Preheat oven to bake at 375.
- Beat the egg with a folk in a bowl until blended.
- Pour the egg in a big mixing bowl and add ALL the other ingredients except the marina sauce: turkey, olive oil, Greek yogurt, breadcrumbs, Italian seasoning, salt and pepper.
- Using a spoon mush everything together until all the ingredients are consistently blended.
- Put the mixture in a standard glass dish (no need to grease it, just plop it in there) and spread it evenly until it has that fabulous loaf shape.
- Spread the marinara on top.
- Put in the oven uncovered for 60 minutes.
- Using oven mitts, take the loaf out and let cool for 5-10 minutes before slicing and serving (or let cool completely and put in fridge/store to eat later).

# Guide to Eating Clean for Getting Lean

## JJ'S TOP 10 RECIPES FOR EATING CLEAN AND GETTING LEAN

### 9. 30 MINUTE MEAL: LOW CARB CHICKEN CAPRESE WITH ZUCCHINI NOODLES

One of my awesome clients Jason gave me a challenge last week. He wanted a quick (30 minutes or less) meal he can make at home with ingredients he can pick up at practically any grocery store (not just Whole Foods) that will fit his macros. Normally he meal preps and is open to the occasional food delivery service but wanted something he could make himself and hopefully have left overs. Challenge accepted!

I'm a big fan of traditional chicken parmesan (basically fried chicken with cheese served on top of spaghetti). My partner Peter and I played with that idea and figured out a way to scratch our itch for Italian while keeping protein and healthy fat up and total calories and carbs down. We ditched the breading and pasta and opted for a flavorful yet still rich Chicken Caprese.

The recipe below is for two servings but you can easily double it for four and eat the leftovers for lunch or dinner the next day.

What you'll need:

- Salt and pepper (or a basic "Everything" seasoning)
- Two 6-8oz boneless, skinless chicken breasts
- Olive oil (4-6 tablespoons)
- Garlic (3-4 cloves)
- Cherry, grape or Marzano tomatoes (cut into halves, about 2 cups)
- Balsamic vinegar (1/4 cup)
- Fresh basil leaves (about 12 fresh leaves, if not available about 1-2 tablespoons dried basil)
- Two slices of mozzarella cheese
- Two large zucchinis

# Guide to Eating Clean for Getting Lean

## JJ'S TOP 10 RECIPES FOR EATING CLEAN AND GETTING LEAN

### 9. 30 MINUTE MEAL: LOW CARB CHICKEN CAPRESE WITH ZUCCHINI NOODLES (cont.)

Here's what to do:

- Spiralize your zucchini in advance. Don't have a spiralizer? Get one here.
- Season the chicken breasts to taste (a pinch or two of "everything" seasoning or a little salt and pepper).
- In a non-stick skillet add about 2-4 tablespoons of olive oil and cook the chicken on medium/high heat until no longer pink in the middle (about 4-6 minutes on each side). Remove the chicken, cover with tinfoil and set aside.
- Add another tablespoon or two of olive oil to the pan, about 1/4 cup of balsamic vinegar and the garlic cloves coarsely chopped.
- Add the tomatoes and the chopped basil leaves and simmer, stirring with a wooden spoon for a few minutes until everything is juicy and tender.
- Put the chicken back in with the pan, add one slice of cheese on each breast and cover with tinfoil for 30s-1 minute so the cheese melts.
- Put your zucchini noodles in a bowl and microwave for 60-90s. Drain excess water. Heap on your plate. Add the chicken and tomatoes and enjoy!
- Note: if you want HIGH carbs, no problem (yay bulking!). You can serve this with traditional spaghetti or tortellini. But with the zucchini you can be pretty sure this meal is under 20g of carbs (depending on your portions) with plenty of protein and healthy fat.



# Guide to Eating Clean for Getting Lean

## JJ'S TOP 10 RECIPES FOR EATING CLEAN AND GETTING LEAN

### 10. TRY THIS INSTEAD OF THAT... "HOMEMADE" BURRITO BOWL VS. CHIPOTLE

I didn't set out to dis Chipotle with this post. I have tons of family, friends and clients who love Chipotle. And yes, I agree, it's a "better" option than a lot of fast food places. But the calories, carbs, saturated fat and sodium can quickly add up at Chipotle even when you customize your own burrito bowl there. So I offer you this "homemade" alternative which takes less than five minutes from start to finish to throw together (including the two minutes it takes to microwave) and has fewer calories, less fat, fewer carbs, WAY less sodium and more protein than Chipotle.

You can pick up all the ingredients you need at Trader Joe's (or any decent grocery store) and keep them in your fridge/freezer for when the burrito craving hits. You can also meal prep this sucker in a microwave safe container and take it to work. It's healthier and faster than Chipotle and it still scratches that itch.

#### What to do

- Grab a microwave safe bowl and add a cup of spinach (or kale, romaine or whatever green leafy vegetable you have).
- Add 1-2 cups of frozen broccoli (or peppers, cauliflower, onions or whatever vegetables you have chilling in the freezer or fridge).
- Add 1/4 cup frozen brown rice (they sell this in packs at Trader Joe's, Whole Foods and many other stores. Put what you don't use in a Ziplock and store in freezer for another meal).
- Add 1/2 or 1 whole container of Brat Hans Fully Cooked Organic Chicken Breast Strips.
- Add 1/2 cup Trader Joe's fire roasted corn.
- Top with 2 tbs. Muir Glen Organic salsa.
- Cover with paper towel and microwave for ~2 minutes. If veggies are still a little frozen just stir, re-cover and microwave for another 1 minute or so.
- Eat!

You can sub fresh for frozen anything and add whatever veggies/brands you personally like. You want cheese, ok. You want beans, ok. Just pick clean, organic ingredients and watch your total carbs and sodium.

# Guide to Eating Clean for Getting Lean

## JJ'S TOP 10 RECIPES FOR EATING CLEAN AND GETTING LEAN

### 10. TRY THIS INSTEAD OF THAT... "HOMEMADE" BURRITO BOWL VS. CHIPOTLE (cont.)

In retrospect, I wish I had added half an avocado sliced on top after taking it out of the microwave with a tbs. of greek yogurt. That would have been perfect! #nexttime #yayhealthyfats

Using Chipotle's online nutritional calculator I compared this "homemade" recipe with their Chicken Burrito Bowl with brown rice, fajita vegetables, fresh tomato salsa, roasted corn salsa and romaine lettuce. Theirs has 134 more kcals, 33g more carbs, 10g more fat, 25g less protein and 677mg more sodium.

|   | Calories kcal | Carbs g   | Fat g    | Protein g | Sodium mg  | Sugars g |
|---|---------------|-----------|----------|-----------|------------|----------|
| <b>Lunch</b>  | <b>386</b>    | <b>25</b> | <b>4</b> | <b>65</b> | <b>878</b> | <b>5</b> |
| Fully Cooked Organic Chicken Breast Strips<br><small>the Original Brat Hans, 1 container (7.5 oz.s ea.)</small> | 250           | -         | 2        | 60        | 725        | -        |
| Organic Broccoli Florettes<br><small>Trader Joe's, 1 cup</small>  | 25            | 4         | -        | 2         | 20         | 1        |
| Organic Brown Rice (Frozen)<br><small>Trader Joe's, 0.2 cup (142g)</small>                                      | 50            | 11        | 0        | 1         | -          | -        |
| Fire Roasted Corn - Corrected<br><small>Trader Joe's, 0.2 cup</small>   | 41            | 7         | 1        | 1         | -          | 3        |
| Spinach<br><small>Vegetables, 1 cups</small>  | 10            | 2         | -        | 1         | 32         | -        |
| Medium Salsa<br><small>Muir Glen Organic, 2 Tbsp (31g)</small>  | 10            | 2         | -        | -         | 100        | 1        |

