

Ashy's Clean Eating Guidelines

- BREAKFAST OPTIONS

- LUNCH OPTIONS

- DINNER OPTIONS

- SNACK OPTIONS

- BIG NO-NO'S!

& much more . . .



The guide to realising the bikini body you have always wanted
STOP dreaming, **START** achieving!

Congratulations on purchasing my Clean Eating Plan. Remember, the following formula is only ONE part of my promise to you. In my commitment to guiding you to achieve your ultimate body that is clean, healthy, and sexy, you will also receive the following exclusive bonuses as part of your purchase:

- Access to ABBBC Member-Only Forums with hundreds of other women sharing their recipes, success stories, and inspirational journeys (also includes professional guidance from qualified nutritionists and dieticians who are amongst the forums).
- Weekly Newsletters to inspire, encourage, and educate you in all areas of your life.
- Recommendations and associated discounts on supplements through ASN (Australian Sports Nutrition).
- My 100% ongoing support and belief in you and your ability to achieve the body you want.



INTRODUCTION

Welcome to my Clean Eating Plan – guidelines that I live by in order to achieve the body and lifestyle I want. In a world overloaded with fast food, processed food, and artificial preservatives, it is no wonder we often find it hard to lose weight, and get back to the body we truly want. After extensive research, I have devised a proven approach that is more about changing your lifestyle than going on a diet. It is a lifestyle that involves beautiful food that is rich in taste and variety, packed full of vitamins and nutrients, and doesn't require you to starve yourself thin. It focuses on embracing what nature provides for us naturally, rather than giving into the abundance of processed, 'fake' foods that companies tempt us with. In the revolution of organic, whole food and the endless benefits it provides our bodies with, clean eating is fast becoming a way of life, and a proven way of losing weight and maintaining healthy, sexy bodies all over the world. What is available to you in this document, is a set of personally devised clean eating guidelines that I follow everyday, and am so excited to impart to you, to help you revolutionise your lifestyle, and achieve the results you want.

In purchasing this plan you have taken the first step towards achieving the health and fitness you aspire to, and for that you deserve a huge congratulations. Upon completion of this plan, I challenge you to take one step further and clean out your fridge and pantry – immediately! Make a list of the types of whole foods that you love, and the new clean foods that you would love to introduce into your meals. I also encourage you to formulate your own weekly Clean Eating Plan, listing your choices for breakfast, lunch, dinner and snacks. Remember, 'failing to plan is planning to fail'. It is important to reiterate that this is not a 12-week fix or 'diet' that you cannot maintain. It is about transforming your lifestyle and sustaining those fabulous choices. Once you achieve your ideal body, it is so important that you continue to follow the steps that define clean eating to ensure your body continues to work at its ultimate efficiency, burning fat and eliminating toxins.

My Clean Eating Plan has been followed by many women from all over the world, and their stories are available on my website and Facebook page to support and inspire you. You are welcome to post any questions you have for myself, or any of the other girls on the Facebook group, so everyone can get the benefit of the answer. I encourage all questions, no matter how silly or feeble they may sound, as a lot of the time, many girls may have the same question but are too afraid to ask. We can never stop learning from and helping each other, and this philosophy underpins the nature of my Facebook forums.

INTRODUCTION

Positivity and encouragement are the only things that are allowed on these forums, and they are designed to help you achieve your desired goals in following the Clean Eating Plan. Clean minds are just as important as clean bodies and surrounding ourselves with like-minded individuals with positive mind-sets will prove to be just as important in helping you feel great about the changes you will be making in your lifestyle.

You will be able to find many answers to many different questions in these forums regarding clean eating, will power, and exercises etc., however, if you have any further personal questions or concerns, please feel welcome to send me or my team an email. Due to the high demand from members, emails may not be able to be addressed immediately, but myself or one of my team will endeavour to provide you with the answers you need in a timely manner.

I cannot wait for you to become empowered by my clean eating guidelines, and look forward to sharing in your amazing successes upon implementing these lifestyle changes.

Enjoy :)

Love, Ashy. Xo



CLEAN EATING

WHAT IS CLEAN EATING?

Admittedly, many of us have been on diets and spent hours at the gym in an effort to lose weight. And many of us have also wondered why it remains so hard to achieve the body we want when we are exercising so much! That is where changing your lifestyle and your understanding of food comes into play. So many diets focus on calorie counting, 99% fat-free marketing, minimising portions etc., etc. But the truth to realising the body you deserve, is all understanding how your body works in breaking down food, and how food can actually energise and recharge our bodies to maximum health.

Eating clean is based on the fundamental principles of eating healthy, nutritious, whole foods that have been unprocessed, unrefined, and contain none of the artificial chemicals that slow down the functioning of our bodies. Have you ever wondered why you still feel sluggish after snacking on 99% fat-free yoghurt in the afternoon? It is supposed to be healthy right? This sluggishness is most likely due to the high content of processed sugar and/or preservatives hidden in the ingredients list. Clean eating is about eliminating these 'unreal' additives, and focusing on fuelling our bodies with food in its original state. Feed your body with bad food and you will most likely feel sluggish, get sick often and easily, and not have the energy and steam to work out for long. You may also find it hard to concentrate properly, and even be affected in your memory, mood, skin, hair and nails. If you fuel your body with fresh, healthy, clean foods that are a great mix of quality protein and complex carbohydrates, you will feel the difference & see the difference! You will notice it with your weight, your skin, your breath, your hair and nails, and especially in how much energy you have on a day-to-day basis!

I could write an entire book on why clean, healthy foods are better for us than processed options, but at the end of the day, it is not brain science. And I want you to walk away from having read this, feeling empowered rather than overwhelmed with scientific jargon and complex terms. I want you to be able to compile a simple, healthy shopping list to take to the shops with you immediately. I want to make it easy for you to turn around your lifestyle and start seeing the results you want.

So, here are the facts. Our liver is central to the way our body processes food. It helps us metabolise, synthesise protein, detoxify, and break down other nasties. Because it aids in our metabolism (how fast our body breaks down food), it needs to have as much help in focusing on this, and completing its job efficiently.

CLEAN EATING

If we are feeding our bodies rubbish, such as artificial colours, preservatives, & yes, processed sugar (!), our liver spends most of its time working to eliminate the toxins and breaking down the crap - hence why we feel sluggish. What it should be doing, is working to break down foods efficiently and quickly, ensuring our body is receiving the maximum amount of nutrients, vitamins and minerals, allowing the body to break down the fats, NOT the overload of toxic processed crap. In a nutshell, processed foods will slow down the liver, and therefore slow down your metabolism, whereas clean, whole foods make our liver CLEAN, and allows our bodies to realise their highest optimum working conditions.

Think of your body, and the way you fuel it, as if it were a car. You need to fuel your body with the stuff that will make it work. If you put cordial in your car it is not going to go is it? It is the same with your body. Put the wrong things in, and suddenly, you'll feel like you are running on empty.

THE BE-ALL AND END-ALL OF SUGAR

While most of us on a weight loss mission concentrate on lowering fats, many of us fail to consider the role that refined sugar plays in our diets and in contributing to our growing waistlines. Although we are concentrating on eating healthier, and purposely avoiding foods high in sugar, most processed sugars are often hidden under different terms on packaging. Sugar can be identified as maltose, glucose, dextrose, fructose, sucrose, molasses and even honey. With no value to us nutritionally, sugar is basically an empty calorie. Because sugar contains no essential vitamins or minerals to help break down the substance in our body, we are simply stealing from our bodies' other sources to break this down, instead of burning fat & building muscle. Hence, we are taking away from our fat-burning ability, just to counteract the useless calories we have just ingested. Not only does sugar contain no nutritional value for us, it also causes our blood sugar levels to rise drastically, followed by a sudden drop in insulin, which then leaves us feeling low & lethargic. We also feel hungry (often for something more sweet) to accommodate for the loss in energy, which then drives us to eat more than what we need but without the energy or motivation to burn it off.

SO! Avoid sugar like the plague! It is NOT GOOD FOR YOU! In fact, processed sugars are completely empty of any benefit to our body. Therefore look for food that is high in the nutrients that your body craves. ***Side Note: The body changes sugar into 2 to 5 times more fat in the bloodstream than it does starch.**

CLEAN EATING

GOOD FATS versus BAD FATS

Education on nutrition has become so much more in-depth over the last few decades, & the information and knowledge we have about fats is clearer than ever. Many of the diets that we may have tried as individuals in the past have focused on eliminating fat altogether. But now we are aware that there are essential 'good fats' that our bodies need to operate properly, & provide us with the necessary nutrients that HELP us lose weight. Good fats are great sources of Vitamin E and Omega-3's, promoting great skin, assisting in lowering cholesterol levels, improving memory and concentration, and reducing the risk of heart disease. These types of fats are unsaturated and can be found in fish such as salmon and tuna, as well as nuts such as flaxseeds, pumpkin seeds, almonds, and brazil nuts as well as avocado and olives.

The fats that should be completely avoided on my Clean Eating Plan, and really on any eating plan, are saturated & often labelled as 'trans-fats' and are known to contribute to clogged arteries and high cholesterol levels. Not only this, they are detrimental to any form of weight loss. These types of fats can be found in abundance in things such as packaged chips, icings, fried food, buttery popcorn, & some margarine.

CARBOHYDRATES & PROTEINS

My Clean Eating Plan is based on the principles of providing our bodies with essential nutrients found in clean, whole foods, to operate at its fat-burning best. Each one of my meals combines a balanced serve of vital carbohydrates, protein, and good fats. Although I do outline the importance of limiting our carbohydrate intake, it is important to note that I also choose particular carbohydrates to eat. Complex carbohydrates are an important source of energy & we couldn't operate properly without them. They hold vitamins & minerals, and can be found in milk, yoghurt, fruit, vegetables, and beans for example. However, if we eat too many carbohydrates, more specifically, if we eat them at times when our body is less likely to convert them to energy (ie. with dinner), this is when they are stored as fat. The carbohydrates that I steer well clear of are simple sugars. With little nutritional value, these are often sugar-based, and can be found in biscuits, chocolates, soft drinks, and lollies etc. You will not find these kinds of carbohydrates in my Clean Eating Plan.

Protein on the other hand plays an important role in all its forms. It is needed by our body to repair, rebuild, replenish and maintain healthy muscles and organs. Every single one of our cells requires protein to operate, and it is particularly important in kick-starting our liver functions and controlling our metabolism.

CLEAN EATING

Eating a protein-rich breakfast has been proven to increase metabolism by up to 30% over 12 hours, and also helps in reducing fluid retention . Not only does it also help us feel fuller for longer, it ensures that our body is using energy from our food to build muscle, & therefore encourages the body to seek energy from our fat-storage centres. Therefore, we continue to build our muscle, and burn our fat. **Pretty simple huh? Eat more protein and be ultra selective with choosing carbohydrates.**

CHANGING HOW WE EAT AND WHEN WE EAT

It is a common misconception that our largest meal should be dinner. This is when our bodies are slowing down and food begins to 'sit' in our bodies, rather than being transformed into the energy it needs. It is an even bigger misconception that skipping breakfast altogether will help us lose weight. When our bodies are most active is when we should be feeding them with the highest amounts of nutrients – ie. before we start the day! I like to look at my eating day like an upside-down pyramid. I start my day with a big breakfast & work gradually into smaller meals by the time dinner arrives. You will see this in my eating plan below.

BREAKFAST

LUNCH

DINNER



BREAKFAST OPTIONS

BIGGEST MEAL OF THE DAY

OPTION 1



Eggs

Two eggs (or as many egg whites as you like), cooked however you like, except fried. Mix with vegetables or any type of meat except mince (unless it is lean mince from the butcher, or 5 Star mince from Woolworths. Do not consume sausages unless they are 'Kanga Bangas' – kangaroo meat).

TIP! Protein is so important and should be in most and/or every meal if you can. Egg whites are full of protein but too much yolk is unnecessary fat you do not need. Two egg yolks are more than enough per day.

OPTION 2



Rolled Oats

Oats soaked in water with blueberries. Soak oats for at least 15 minutes, otherwise the oats will stay dry in your stomach & won't digest properly. NO SUGAR TO BE ADDED! (This includes honey because YES, honey is sugar!) Another option is to add cinnamon on top of Cinnamon has been found to aid in reducing blood sugar levels, and therefore avoids that drop in energy that we suffer after eating sugar.

TIP! Oats provide a great amount of good carbohydrates for essential energy. Plus, they are rich in fibre so you remain fuller for longer!

OPTION 3



Protein Shake

There are a great deal of different protein shakes/powders to choose from on the market, but you want one that is low in carbohydrates and sugars, but still tastes awesome - otherwise you won't stick to it! You need to enjoy what you're putting in your mouth.

BREAKFAST OPTIONS

BIGGEST MEAL OF THE DAY

OPTION 3



Protein Shake

My personal favourite is PROTOWHEY DOUBLE CHOC PROTEIN, as it tastes like Milo and I actually get excited to drink it.

If you live on the GOLD COAST you need to go straight to ASN (Australian Sports Nutrition) in Robina, for the best help on the Coast (plus a 10% discount when you mention my name). If you are not on the Gold Coast, you can find them on Facebook, or can visit them online at www.australiansportsnutrition.com.au.

They will post supplements to anywhere in Australia! And don't forget to mention your membership with the Ashy Bines Clean Eating Plan to receive your 10% discount. You can also give them a call for any advice or questions in regards to brands and types of supplements for your specific goals – (07) 5562 5459.

If you are not living in Australia, you can visit your local supplement store and tell them body and lifestyle goals, and they will be able to help you out.

My next favourite is INTERNATIONAL PROTEIN WPI (Cookies and Cream flavour). This one is VERY low in sugars and carbohydrates.

TIP! Drink a chocolate protein drink with hot water and it feels like a naughty hot choc!

If you are going to have a protein shake, please don't buy the ones from Woolworths! They are generally full of sugar and other artificial ingredients that we do not want to be putting into our bodies. Depending on their ingredients, they may not in fact do much for you at all in regards to weight loss, and can often be unhealthy.

BREAKFAST OPTIONS

BIGGEST MEAL OF THE DAY

OPTION 4



Protein Smoothie

I love mixing together a smoothie as it keeps me fuller for longer, and is great on the run! It includes just the right mix of good carbohydrates and protein to energise your morning. Try this recipe:

1 cup of oats

1 cup of water (or more water if you like it really runny)

Half a cup of berries (fresh or frozen)

2 scoops of protein powder of choice

Dollop of natural yoghurt (or Greek yoghurt)

Add ice

Blend all ingredients together = YUM! :)

OPTION 5



Toast

Be very careful with what bread you buy, and if you are trying to lose weight then I would suggest you stay away from bread altogether. But, if needed, aim for LOW GI breads like brown RYE! Just make sure you have no more than two slices per day.

Tip! I love to spread Natural Peanut Butter on my toast as it is just crushed nuts, and is a great source of protein. Check out your local organic store, or Woolworths now stock it in their health food section & their brand is 'MACRO'. It is only 50c more but is much better for you as it is free of chemicals, making it much easier to digest.

Avocado is also an awesome 'good' fat which our body needs, but do not overindulge!

BREAKFAST OPTIONS

BIGGEST MEAL OF THE DAY

OPTION 6



Yoghurt

Not only is yoghurt a great source of calcium and protein, many yoghurts now come with active, good bacteria called probiotics . Choosing this type of yoghurt will help balance your digestive system & boost your immune system. Try this recipe of mine:

1 cup Organic full-fat Greek Yoghurt

¼ cup Berries (frozen are fine)

Add ground flaxseeds and shredded coconut to taste.

TIP! Greek yoghurt is the best as it contains a higher amount of the good bacteria than many other types of yoghurt. Always buy ORGANIC and FULL-FAT yoghurt, as the low fat varieties usually have excess sugar added.

I love the brand 'JALNA.'

OPTION 7



Protein Pancakes

100 grams of rolled oats

200 grams of cottage cheese (PROTEIN) :)

2 eggs 2 egg whites

1 Teaspoon of cinnamon

Blend them all together.

For toppings add berries and protein powder mixed with a bit of water to make a thickish sauce (Choc is my fav) Also optional tablespoon of greek or natural yoghurt.

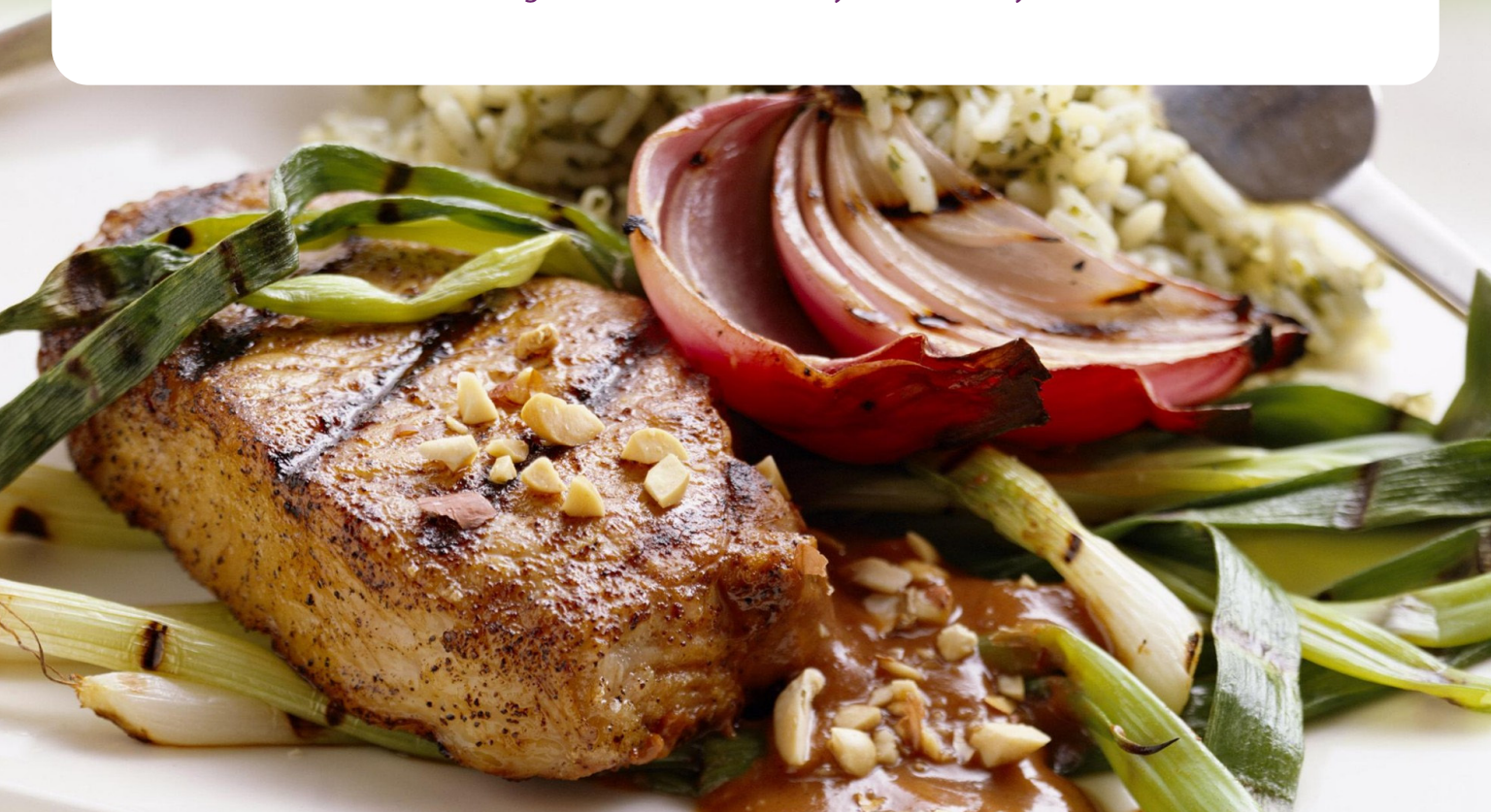
LUNCH OPTIONS

BACK TO THE LEAN BASICS.

MEAT – a top choice of high quality protein:

1. It is important to always try to accompany your salad or vegetables with meat because of the high protein content. Try to always mix a little bit of meat and greens for your lunch time choice.
2. Ensure your meat is of the highest quality. Remember, when choosing chicken in particular, non-organic options may be high in things such as artificial hormones, making it a harder task for your body to break it down. Choose from organic free-range chicken, turkey, high quality lean steak, or sustainably farmed fish (tuna/salmon etc.)
3. One of the leanest, healthiest meats that we can fuel our bodies with can be found right here in our very own backyard. Yes, its kangaroo. It is the leanest red meat with the highest amount of protein available, and is rich in flavour.
4. Whilst beef, turkey or chicken mince are all suitable options on the Clean Eating Plan, it is not as lean or good for you as the above options. If you do choose to buy mince, ensure that you choose the premium variety that is given five stars. It may be called 'diet mince' at your butchers.
5. Red meat three times a week is more than enough, (except for kangaroo - go nuts with it!) Choose fish as a menu item at least twice a week, and chicken/turkey for the rest of it! Red meat can be added into your lunches or dinners sporadically, but no more than three times.

TIP! Remember only enough meat to cover the palm of your hand. Our stomachs are close to the size of fists, so overloading them with unnecessary food will only add to our waistlines!



LUNCH OPTIONS

BACK TO THE LEAN BASICS.

VEGETABLES – secret weapons for our metabolism and immune systems:

Our bodies need sufficient amounts of REAL minerals and vitamins found in REAL, whole foods, in order to operate at their absolute best. Vegetables provide amazing amounts of fibre and nutrients that aid our bodies to work in prime condition, and therefore METABOLISE at primary rates. Be sure to load up your plates with yummy vegetables EVERY lunch. Not only will they fuel your body with things such as calcium, magnesium, vitamins and more, they will fill you up right into the afternoon.

1. Choose at least three different vegetables to accompany your meat – this way you are providing your body with a greater variety of vitamins and minerals.
2. Choose vegetables that are rich in colour, such as eggplant, capsicum, spinach, & broccoli. These are usually the highest in nutrients and the best choices for our bodies.
3. You can never overload on greens, especially broccoli (MY FAVE!)

TIP! When cooking your vegetables, always lightly steam them, but never too long that they lose their 'bright' colour. They should still be slightly crunchy to ensure that you are keeping most of their vital nutrients in them.

ALTERNATIVES:

WRAPS & OTHER BREADS: Sometimes it's nice to have a wrap for lunch, but we are trying to stay away from breads, as they are unnecessary fatty carbohydrates. Remember true rye bread is your best option, but if you do have a wrap, always check the back for sugar content (try Mountain Bread Rye wraps).

RICE: If you would like to have rice, only have a very small amount of brown rice. Although it is a better option than white rice, it is still not good for weight loss. If you are just trying to maintain your weight, a small amount of brown rice isn't too bad, and some people will find that it will help them through the day, especially if they are training a lot.

*A healthy alternative to rice is grated cauliflower. Use a grater or food processor, then steam lightly before serving. This is a favourite amongst the girls on the Facebook forum, and you can always dress it up with a little bit of garlic or other spices for extra flavour!

CHICKPEAS & LENTILS: I am a lover of tofu, chickpeas and lentils!!! Yummy and really good for you! Tofu is what most vegetarians eat for protein! Mix it in with your salad, or enjoy it as a side-serve of protein!

LUNCH OPTIONS

BACK TO THE LEAN BASICS.

DRESSINGS & SAUCES: DO NOT add cheese, dressings or sauces because these are full of sugar, and sugar is what stops us from burning fat. Not only does it slow the fat-burning process down, but also it adds extra fat to your body and promotes fat storage. Try mixing lemon or lime juice with olive oil and pepper for extra flavour.

ORGANIC MEAT & VEGETABLES: There has been a lot of focus recently on organic food, and it is because it has been proven that not only does organic food taste better, but it holds more nutrients than non-organic food. Due to the natural composition, our bodies are also able to digest it more freely, allowing it to deliver the full potential of its vitamins & minerals to where it is needed. Just like organic fruit and vegetables, organic meat also stores more vitamins, anti-oxidants and higher levels of Omega-3 and 6. Not only this, it has lower fat content and is better for our cholesterol levels. I understand that shopping organically can be expensive, but making small steps towards choosing organic produce will benefit you and your family in the long run.

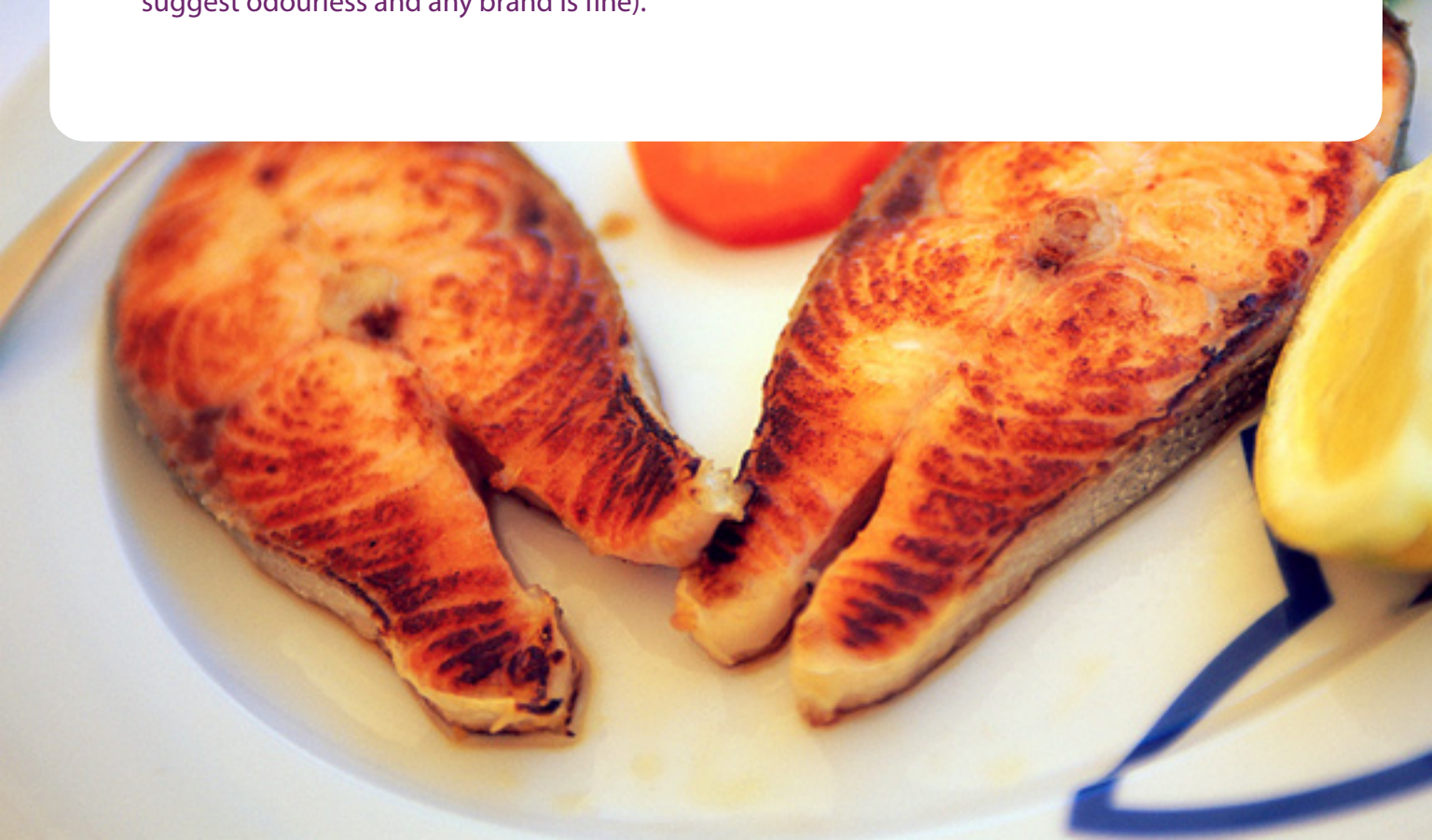


DINNER OPTIONS

SMALLEST MEAL OF THE DAY

- Being the smallest meal of the day gives me the smallest amount to write about! However, it does not mean that it is any less important.
- Dinner should incorporate the same principles as a clean lunch, but served as a smaller proportion.
- Remember to ensure that you include protein in every meal serving, but with fewer or zero carbohydrates during dinner!
- At this time of day, our bodies are starting to wind down and recover from a busy day. Our energy levels begin to drop, and therefore our body's metabolism begins to slow. When we go to bed, our body goes into 'rest-mode' and therefore, any carbohydrates you have eaten get pushed to the side, and possibly stored as fat. Be sure to keep your dinner meals small and full of protein as opposed to carbohydrates. Mornings are the best times to stock up on 'good', clean carbohydrates.
- If weight loss is your goal, make this your boring, chicken breast and greens meal (BUT, with all the great recipe ideas on the forum it does not have to be boring at all!)
- Make sure you join our Facebook forums to discover all the delicious and healthy recipes our girls are sharing for dinner. You will never be short of an idea!

TIP! Add two fish oil capsules (1500mg) to your three main meals, three times a day (I would suggest odourless and any brand is fine).



SNACK OPTIONS

Like I have said before, my Clean Eating Plan is NOT about starving our bodies, but nourishing them with whole, delicious foods. When you are following my clean eating plan, you should feel full and energised, and your metabolism should begin to work at its best. However, we need to ensure that we continue to nurture our metabolism, & encourage it to keep on ticking throughout the entire day. I try to keep my snacks to mid-morning, but if I do feel like munching in the afternoon, I try to choose protein-rich options, as remember, it is at this point that our body starts to slow down. Below are some great options that I have put together for you that are clean, healthy and promote our bodies to operate at their highest levels.

1. Protein Shake.
2. Tuna in Springwater on Ryvita crackers.
3. Avocado on Ryvita crackers.
4. Ryvita crackers with homemade dips. Tzatziki, guacamole, beetroot etc., are all made with whole, healthy ingredients. (Log onto our Facebook forum for more great, clean dip recipes - use the search option in the right corner of the Facebook group when on a computer. You can also use Google, but just always think CLEAN, FRESH ingredients).
5. Low-fat Cottage Cheese on Ryvita crackers (cottage cheese is a great source of protein!)
6. Mix low-fat Cottage Cheese with egg whites to make an omelette. Add vegetables & spices for extra flavour!
7. Many girls also mix their cottage cheese with choc protein powder and it makes a chocolaty mousse (I am yet to try it but this sounds amazing so feel free to give it a go!)
8. Hardboiled egg sliced with spinach leaves and a drizzle of light mayonnaise served on Ryvita crackers with a dash of pepper.
9. Handful of almonds/walnuts/brazil nuts - just don't go overboard! (Have enough to cover three fingers. Also, cashews/macadamias and salted peanuts are a no go!)
10. At any time, adding more protein as a snack is great, so you can have meat again. All of the meat options listed in my Lunch plan such as organic free-range chicken, steak, kangaroo and fish are great snacks. (Tuna/salmon tins are so cheap and convenient to keep in your handbag but try and get the mercury-free as it is better for you).
11. Celery with natural, organic Peanut Butter - (Macro brand from Woolworths is great).

SNACK OPTIONS

12. Handful of berries or small piece of fruit. Blackberries are perfect as they are lower in sugar than other fruits, and high in antioxidants. Green apples are great for sweet-tooths as they're full of fibre and good for digestion, but are also really sweet, which help with those sugar cravings we all tend to have at times. Because they are higher in sugar, try and only choose this option a few times throughout the week. Also, because of the natural sugars, it is important to have your fruit near the beginning of the day, allowing time for our bodies to burn them off.
13. Yoghurt. Natural or Greek yoghurt is best for you because of the high content of probiotics.
*Mix with choc protein and it tastes like cheesecake!.
14. My Breakfast Smoothie! (Refer to breakfast options for recipe).
15. Homemade juices using all FRESH ingredients such as beetroot, celery, carrot, green apple, ginger, parsley and lemon. Simply blend together and enjoy!
16. Asparagus wrapped in smoked salmon accompanied with cottage cheese.
*If snacks are your weakness and you constantly love to nibble, green tea is a great alternative as it helps to keep you busy and keep your mind off nibbling!



ASHY'S REMINDERS

As humans, it is normal to slip up and become overwhelmed at any change that is occurring within our lives. Sometimes, we just need a little reminder to help us get back on track, and help us see things clearly once again. Below is a list of simple reminders that might just make the difference in keeping you on track to achieving a clean, slim body that radiates good health.

- ★ As soon as you wake up – squeeze some lemon into a big glass of water and get it down! It is a great way to get our digestion system moving, and not to mention kick-starting our bodies with a great influx of hydration.
- ★ Aim to drink 3litres of WATER per day– no less! Add one more litre for every hour you exercise. *If you struggle to drink plain water, try adding freshly squeezed lemon juice to add flavour.
- ★ Eating is GOOD for you – it just has to be the right foods (clean, whole foods) and the right amount of foods.
- ★ Breakfast should be your biggest meal on this clean eating plan. Stay right away from cereals, as they are pretty much all full of processed sugar, despite clever marketing slogans such as, “full of protein” etc. Read the label on the back and you will see the truth about their ingredients. Oats are your best option over cereal, otherwise, I encourage you to refer back to my breakfast options for further ideas.
- ★ Make sure you eat every 2-3 hours to keep your metabolism going throughout the day. If you do not eat, your body will go into starvation mode & will actually STORE FAT! Follow my long list of snack options to ensure you are sticking to clean, healthy selections throughout the week.
- ★ Before a high intensity workout you should always have something in your tummy – I suggest a banana or scoop of protein!
- ★ Want to lose weight? CUT OUT SUGAR! I have pointed out earlier in this document how detrimental sugar is to achieving our ideal body, so as yummy as fruit is, it also has to be limited. One piece a day, no more! And if you are going to have it, make sure it is in the morning. A banana, small apple or a handful of berries is suffice. Always read the nutrition label to check the amount of sugar you are about to eat in your foods.

ASHY'S REMINDERS

- ★ Dried fruit is NOT good for you. It has been processed and reFined, and if you look on the back of the package, it is full of... sugar! Usually in higher contents than fresh fruit too!
- ★ NO WHITE BREAD - ever! Brown RYE bread is best! Even multigrain is just white bread with a few seeds put in, so stay away! If you have to have bread, limit your intake to one piece, and eat it in the morning only (unless you are having the occasional wrap for lunch – in this case ensure you don't eat toast for breakfast as well!). As always, read the back of the packets and find the ones with the least amount of carbohydrates, sugar and sodium. Just review my notes on sugar to remind yourself about the lack of benefits it offers our bodies, and how it hinders weight loss.
- ★ Remember when eating nuts to only have enough to cover three fingers, and almonds, walnuts and brazil nuts are your best options. Stay away from cashews and macadamias.
- ★ When wanting to nibble ask yourself this; Am I really hungry? Sometimes we confuse hunger with dehydration, and water is actually what our body is craving. And best of all, it is calorie free!
- ★ NEVER OVER-EAT! If you are full, STOP! Remember it takes 20 mins for our body to digest the food we just ate. So eat slowly! This way you will recognise when you are full and avoid over-eating to the point that you can't move. However, you need to ensure you never get to the point that your body begins to think that you are starving. Because, it is at this point that you are more inclined to over-compensate and binge.
- ★ NEVER, EVER, EVER SKIP A MEAL!!!
- ★ Keep portion sizes reasonable (not too big, not too small), and remember meat servings should be the size of the palm of your hand (cut o the fatty bits if you can – you do not need any excess fat).
- ★ Educate yourself as much as you can on good fats versus bad fats. We need to eat good fats such as avocado, nuts and oily fish to give our bodies access to vital Omega acids and essential vitamins, but need to avoid trans fats that influence all types of health problems. Olive oil is also a great fat when used cold, but steer clear of vegetable oil.

ASHY'S REMINDERS

- ★ Remember FRESH IS BEST! Frozen vegetables are okay, but fresh vegetables have a lot more nutrients. Frozen berries are ok :)
- ★ The ideal way to cook your vegetables is by steaming them. Just make sure it's not for too long or you will steam all the nutrients out of them.
- ★ Where possible, choose organic food. The health benefits are fantastic, & because organic food is free from nasty toxins such as chemicals, pesticides, preservatives and additives, our bodies are able to break it down at a much faster and more efficient rate. Jump onto Google and research the endless benefits for yourself!
- ★ I highly recommend taking fish oil tablets daily (3000 mg per meal - breakfast, lunch and dinner). Taking fish oil has an abundance of amazing benefits for your body.
- ★ Green Tea tablets are also of benefit to take if drinking tea doesn't appeal to you (you also need to keep in mind that drinking 6 cups of green tea is the equivalent of taking the tablets).
- ★ Embrace the power of knowledge. I have gotten to where I am because of empowering myself with all the knowledge I could on clean eating, to be able to achieve the body I want. I strive to learning on a continuous basis, and cannot recommend Google enough. It is a very helpful source that can answer many questions for you quickly, & sufficiently. Never stop learning!
- ★ Be sure to join our Facebook forums, as these are proving to be invaluable to our members, and also serve as a great learning tool. You will be supported by not only myself and my team, but thousands of other ladies who have found success and achieved the bodies they desire by following my Clean Eating Plan and exercise guidelines.



BIG NO-NO's!

Although my Clean Eating Plan is based on choices that lead to a healthy lifestyle, and focus on the good things we can optimise our body's functioning with, there are some things that just don't make the cut - in any form. If you are on a weight loss journey, steer clear of the list below as they provide little or no nutritive value, and will only set you back in your progress.

- X SAUCES** - Stay away from the artificial kind, as they are full of sugars and preservatives. These include barbeque, tomato, mayonnaise, dressings and marinades. Be inventive and make your own with clean, healthy spices mixed with olive or coconut oil!
- X CHEESE, CUSTARDS AND ICE-CREAMS - NO NO NO !!!!**
- X DRIED FRUIT** – you may think you are being healthy but it is full of sugar!
- X TAKEAWAY FOODS** - I don't think I need to explain why not to eat it takeaway, especially the fast food kind. It is a definite NO-NO if you want to lose weight! (Just think, one serving of bad takeaway food pretty much puts you a whole week behind in your weight loss goal! Plus, it makes your training a waste of time! Who wants that?)
- X FLAVOURED DRINKS** - The intake of the wrong fluids can often impact on our goals drastically without us even realising. Many flavoured drinks are packed full of sugar, and not to mention other nasty chemicals. In my Clean Eating Plan, there should be no cordial, no fizzy drinks, no energy drinks and NO juice! SUGAR, SUGAR, SUGAR!
* If you are wondering why you should not have juice, then just jump onto the Internet and research the various reasons. Clever marketing will lure you in with slogans such as 'natural' sugar, and no artificial colours or preservatives. The fact is, sugar is sugar (and in the form of juice, fructose), and it not only promotes the storage of fat, but also increases our insulin levels, causing energy levels to fluctuate unnaturally. Juice has the same amount of sugar as Coke does - up to 18 teaspoons per big glass! Again if you don't understand the effects of insulin levels rapidly increasing, research 'insulin and blood sugar levels' on Google or YouTube, or ask your local personal trainer or nutritionist.
- X PASTA** - White, starchy, unnecessary carbohydrates, and often contains processed sugar. I know how yummy & filling it is, but unfortunately there is little or no good in it! ESPECIALLY at dinner! Remember, dinner time is when our body is slowing down, so a bowl of pasta is most likely to be stored as fat, rather than broken down rapidly.

BIG NO-NO's!

- X PROCESSED MINCE & SAUSAGES** – Although there are good quality, lean minces available, the others, along with sausages, are made up of low quality off-cuts and left-over fatty surplus, that doesn't really constitute meat at all. So stay away! The only mince that is acceptable on my Clean Eating Plan, is good quality, lean mince that is bought directly from a high-quality butcher. The only option for sausages when eating clean is Kangaroo sausages (Kanga Bangas). They aren't only AMAZING for you, but are superlean and high in protein!
- X ALCOHOL** – NEED I SAY MORE? If the alcohol part doesn't put you off, maybe have a look at the sugar content on the label of a beer or wine bottle the next time you feel like having a big night . . .



DINING OUT

HEALTHIER OPTIONS IF YOU ARE GOING OUT FOR TEA

Dining out constitutes a big part of our social lives, and therefore we need to be educated about the choices that we can make when eating out, whilst following my Clean Eating Plan. Remember that these are not necessarily healthy options as such, and if you are aiming to lose weight, dining out is best avoided altogether - it will affect your weight loss goals in the interim. BUT, sometimes we can't avoid it, and choosing my Clean Eating Plan is about making the healthiest choices on a majority scale. So, if there is a birthday or celebratory event and you HAVE to order from a menu that is limited in healthy options, then here are some helpful tips to save you hundreds of calories!

* REMEMBER; Don't be afraid to request to change your order in a restaurant. You're paying for your food and their service to cook it, so you deserve to be served what you want. They may get frustrated and not understand your requests, but be firm as this is YOUR body, and you do not want one meal to affect your results, progress and hard work!

Breakfast when eating out:

1. Eggs with brown bread , most cafes offer spinach mushrooms and tomato.
2. Fresh veggie juices and always carry some nuts with you in your hand bag ;)
3. Vegetable omelette ask them to not add milk when cooking the omelette
4. Salmon and avocado on brown rye bread

Lunch when eating out:

1. Grilled fish and salad with lemon wedge on the side
2. Roast of the day (gravy on the side so you can choose whether you have it or not.)
3. Meat and salad wrap no sauces or cheese added
4. Vegetarian patties or Vegetable stacks are a great option
5. Steak and steamed grilled veggies or salad.

Dinner when eating out

1. Skinless chicken breast with side of veggies or salad with no sauce.
2. Vegetable stirfry or tofu stirfry(no pasta or rice unless its brown rice)
3. Grilled fish with salad or vegetables
4. Seafood-oysters/prawns/scallops!
5. Any salads except caeser and always ask for the dressing on the side you can decide how much or whether you have it or not-remember olive oil is a great option to get some good fats in add some lemon juice and pepper makes a yummy dressing.

DINING OUT

HEALTHIER OPTIONS IF YOU ARE GOING OUT FOR TEA

DESSERT

Your best option will probably be the fresh fruit-I would try to avoid deserts when eating out. Tip-Mustards are great for you- they contain omega 3 fatty acids also magnesium and they are very low in calories. Makes a great sauce over your meat!

I really do not want you eating any of the unhealthier options whilst on a weight-loss journey, so the above information is just a guide if eating out is the only option on a certain occasion. As you can see, there are some meal options that allow you to follow my Clean Eating Plan closely (such as grilled fish with salad at a pub), however, making your own meals that are high in nutrients and have the perfect mix of carbohydrates and protein will remain the most beneficial in achieving your ultimate bikini body.If the take-away restaurant is not listed above, it is best avoided, however, you may be able to ring and pre-order your meal with the chef prior to your arrival.



SOME FINAL WORDS FROM **ASHY BINES...**

Well, here we are; at the end of my Clean Eating guidelines, but only at the very beginning of your own personal journey & my continue support of you. My Clean Eating Plan has proven results in women's lives all over Australia & across the world time and time again, & I sincerely look forward to helping you achieve your own health and fitness goals. I have chosen to share my knowledge and secrets with you because I believe that all women are deserving of discovering a body they love and respect. I am not interested in providing you with a quick-fix diet. I am interested in changing your life. I hope that you can take your new knowledge about clean eating and implement these principles to receive their maximum potential.

Remember, I have achieved my ultimate body by identifying that my results rely on 80% nutrition, and 20% exercise. My Ashy Bines Bikini Body Challenge programmes are now available all throughout Australia, and I welcome you to join one in the future to extend your Clean Eating journey to include amazing fitness challenges. The results will be phenomenal, and you will have the opportunity to meet other great girls on the same challenge.

I also strongly encourage you to join our private 'members-only' Facebook forum, & excitedly await your request. The support, encouragement, inspiration & amazing recipes are available 24-7, and have proven to be fundamental in helping women change their lives. The forum is strictly for discussion & encouragement of others following my Clean Eating Plan and ABBBC, & both myself and five other health professionals are often on the forum to help you through your journey with any questions you may need answered. Make sure you start a little ABBBC Clean Eating notebook to keep track of inspiring quotes, mouth-watering recipes, & fitness and nutrition advice.

Now you have purchased my Clean Eating Plan and become part of the Ashy Bines community, I can guarantee that you won't just be forgotten. As I mentioned earlier, my team and myself are here to support you, and help you every single day of your journey. I truly believe we all need support when going on any journey, especially one of weight loss.

We will be here to help you get back on track when the going gets tough, as the changes that you are going to make are not only hard physically, but also mentally and emotionally. Your dreams of your ultimate body ARE achievable, and it will bring me great pleasure to be there every step of the way.

SOME FINAL WORDS FROM **ASHY BINES...**

Remember that knowledge is power and you can never stop learning! Ask, search, enquire, find! Google and You Tube will become your best friends.

Results are 80% nutrition, 20% fitness. Follow me on Facebook and open my newsletters for more tips on clean eating and exercise guidelines.

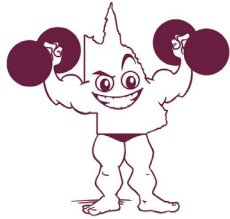
FOLLOW YOUR PROGRESS! Throw away the scales and replace them with 'before-and-after' pictures of yourself – you will regret it if you don't! Have a look on my website and Facebook for some of the amazing result that my members have already experienced. Tracking your progress this way will ensure you see ALL of the great changes happening in your body. Download the PHOTO COLLAGE app on your Smart Phone to view your journey from start to finish.

It is important to completely understand what is involved in changing your lifestyle choices, and part of this has a lot to do with your mind-set. Changes will not happen overnight, but they will happen with consistent, healthy changes and the right choices. Remind yourself that **THIS IS NOT A SPRINT, IT IS A MARATHON.** Stick with it, turn to the Facebook forum for support, and remember lean, toned results in your body will come when you are committed and consistent.

I look forward to sharing in the happiness of your results, and seeing you in the forum!

LOVE, ASHY :) XX

ENDORSEMENT



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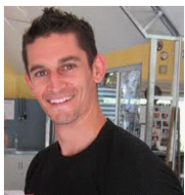
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Ashy's Clean Eating Guidelines are all about promoting clean eating and raising conscious awareness of what foods one places into their mouth.

Lean protein, quality carbohydrates and essential fatty acids are the cornerstone of these guidelines. The guiding principles are straightforward, healthy and simple to follow. They work toward encouraging the body's own metabolic pathways to rid itself of excess body fat whilst at the same time, maintaining and even promoting lean muscle tissue maintenance and hypertrophy.

With healthful options for breakfast, lunch, dinner and even snacks, no stone is left unturned in the delivery of these guidelines. They continue to impress with an entire section dedicated to the important and often over looked area of supplementation and of course a section entitled 'Big No No's' which informs the reader of certain foods which could be detrimental in their fat loss, bikini body endeavors.

If you or someone you know is interested in not only getting a 'bikini body' but also looking to achieve optimal health and vitality through nutrition then my advice would be to give Ashy's Clean Eating Guidelines a try. I endorse these guidelines because they cover all the bases, have proven results based on nutritional science and are packaged in an easy to understand fashion whilst avoiding the nutritional gobbledygook, which is best left for nutritionists and naturopaths like me.



Dan Nimmo N.D
Adv Diploma Nutrition
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Accredited & registered Nutritionist and Naturopath and a qualified member of the Australian Natural Therapists Association Limited (ANTA) Listed member on the Complimentary Medicine Practitioner Associations Council (CMPAC) register of practitioners.

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