

# How To Convert To Clean Eating...

## The Easy Way.

### Objective

If you've been eating processed foods for a long time, the thought of converting to a clean eating lifestyle may seem a bit overwhelming. But I'm here to tell you that it's not as hard as you may think. There are three ways you can do this:

1. The Cold Turkey Method - With gusto, throw out every bit of bad food you can find in your kitchen and pantry and then do a huge, clean eating shopping trip.

The down side: It's a shock to your normal routine and a strain on your budget.

2. The "I'll Think About It" Method - With this method, you might try to eat something healthier than normal on occasion IF you remember, but the drive to make the change isn't really there and you really don't want to do it anyway.

The down side: I think this one is obvious. It'll never get done!

3. The Slow & Methodical Method - This method is sure to make a convert out of you. You'll make slow, consistent changes and before you know it, you'll be eating clean 90-100% of the time!

The down side: You'll have a ton of clothing that will no longer fit you. But then, that's really kind of an up side, isn't it?

We'll cover the Slow & Methodical Method below (incase you were wondering).

### Materials

To do this right, you'll need the following things:

- You'll want copies of the pages at the end of this file.
- You'll need a small binder or folder to keep these pages in. You don't need anything fancy, just some place to keep everything so you can easily keep track of what you are doing.

## Procedures

So this is how it works.

Every week, you will sit down with yourself, a pen and a copy of the last pages of this document.

One time per week, you will make two decisions.

1. What processed food are you going to give up this week?
2. What clean eating food will you add to your eating plan this week?

It's that simple.

Now, obviously, you are not giving up a certain food for only that week. The idea is to give up one item for good. Not just for one week. I realize most folks will understand that, but I think that needs to be made clear here. No going back to your "give up" food once you've given it up.

The opposite is true as well. Once you add a food to your eating plan, the idea is to continue to keep it in your diet on a regular basis. Obviously, as seasons change and as you add more foods, your diet will become more diverse and you may not get a particular food every week. But then, a diverse selection of healthy foods is what this little homework assignment is all about. Right?

So go for it. Print out the "Add/Subtract" page below and get started.

And while you're at it, print out the "Contract With Myself" and sign it. It's only between you and you. A promise you will make to yourself. Stick it up on your fridge or mirror where you will always see it. Just a little reminder on a daily basis about the most important promise you'll ever make (the one you make to yourself!).

Now go turn on that printer and start changing you life!

**ADD / SUBTRACT**

This week I'm adding this one healthy and clean eating food to my eating plan:

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This week, I'm going to stop buying or eating this food for good:

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Notes:

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