

KEEP MUSCLE, BURN FAT, LOSE INCHES!

CINCH. Simply a better way to lose weight.



EATING CLEAN

THE DO'S & DON'TS



1. DON'T

Don't eat only 1-2 meals a day. Also, do not binge eat.

DO

Instead, eat 3-4 main meals a day and two snacks, depending on your training routine. Eat about every 4 hours to speed up metabolism.

2. DON'T

Don't over eat!

DO

Practice portion control. Veggies should be the largest portion on your plate, followed by protein and then carbs. Eat HIGH quality protein like eggs, lean meats, fish, bison and other organic sources.

3. DON'T

Don't consume empty and useless liquid calories like sodas, sugary juices, sweetened teas, energy drinks, fraps etc. Liquid calories will never fill you up and they rob your body of vitamins and minerals just to process the sugar found in the drinks.

DO

Replace all your liquid calories with lemon infused water, healthy green teas, and protein shakes.

4. DON'T

Don't have sugary, fatty and processed snacks/foods.

DO

Replace cookies, cakes, cupcakes, candy, etc with fruit, nuts or baked chips and healthy salsa

5. DON'T

Don't have multi-ingredient carbs.

DO

Instead, get your carb sources from single-ingredient whole foods like fruit, rice, potatoes and sweet potatoes. All of these have only one ingredient. The more natural you can make your carb sources the better. Bread usually has at least 5-10 ingredients, along with wraps, etc.

6. DON'T

Don't use unhealthy or heavy cooking oils.

DO

Instead, try organic, unrefined coconut oil or grass-fed butter. For salads, stick to some extra-virgin olive oil and vinaigrettes as opposed to creamy empty calorie dressings.

7. DON'T

Don't forget to hydrate yourself!

DO

Drink at least 2 liters of water a day or more depending on your training routine.

8. DON'T

Don't underestimate the calories in alcohol.

DO

Limit your alcohol intake especially if your trying to lose fat.

CHECKLIST SUMMARY:

1. GET RID OF EMPTY LIQUID CALORIES- sodas, sugar drinks, unnatural juices
2. CONSUME AT LEAST 3 LITERS OF WATER DAILY
3. EAT 3-4 MAIN MEALS, AND TWO SNACKS ABOUT 3-4 HOURS APART.
4. EAT 6-10 SERVINGS OF VEGETABLES DAILY
5. EAT HIGH QUALITY PROTEIN WITH EACH MAIN MEAL
6. ELIMINATE PROCESSED AND FATTY FOODS AND CANDY
7. STICK TO SINGLE INGREDIENT WHOLE FOOD CARBS (FRUIT, BROWN RICE, SWEET POTATO)
8. USE UNREFINED COCONUT OIL FOR COOKING
9. LIMIT ALCOHOL CONSUMPTION
10. CONTROL LATE NIGHT SNACKING
11. CONSTANTLY REMIND YOURSELF OF YOUR GOALS AND WHY YOU'RE DOING THIS!*