



# Taste of Clean Eating

FREE 3-Day Program

with Lynne Dorner, CHHC, AADP



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Hello,

I am so excited that you have taken such a huge step toward your health and wellness. How many times have you wanted to change your eating habits but felt overwhelmed by all the information on the internet, TV shows, and the millions of books on the market? I hear this every day; you are not alone. I am here today to take you from confusion to confidence.

There was a time in my life when I, too, felt confused by all of the information out there, but those days are over. It is time to celebrate, because by the time you finish this experience with me—yes, in just three days—you will feel recharged, revitalized, refreshed, and armed with the life-changing knowledge of how to eat healthily.

Let me warn you, we will not be counting calories or dwelling on fats. We are kicking the mental calculator to the curb. Instead, we are going to focus on real food—whole food—nutrition that will fuel and nourish your body in ways you cannot even imagine.

Change is waiting for you, and I am your change cheerleader.

Over the next three days, your body will transform. I created this easy clean eating reboot to show you how simple making healthy eating choices can be despite your busy life. Before we go any further, I want to assure you this experience will be free of any deprivation or starvation. Instead, you will consume foods that naturally decrease inflammation, improve your digestion, and make you feel stronger.

You Are on a Path of Clean Eating,  
Which Is Not a Diet But a Revolution.



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## My passion is transforming the way we see food.

I specialize in working with medical professionals and caregivers that aren't "walking the talk." Long shifts? Are you putting just anything in your mouth with hardly a thought because you don't think you have time to make yourself a priority? If you signed up for this Taste of Clean Eating, I bet you are you ready to commit to making small changes that add up to long-term success! No matter where you are starting from and how far you need to go to practice living a healthy lifestyle, this 3-day Taste of Clean Eating will support you.

Don't be critical of yourself through the program; just offer yourself compassion to guide you through!

Are you worn out? Stressed out? Don't know what to eat? Think it is too time consuming and expensive to take care of yourself?

## Is This You? It was me!

You are looking to upgrade your health. You may have tried every diet out there and are looking to try something new, hoping for long-lasting results this time. Am I right?

You may eat vegan, vegetarian, primal, paleo, raw, or maybe even pescatarian. You may not even know what these terms mean. What they mean to me is that we are all different, and our bodies require and desire different foods to give us energy. I am here to share with you different ways to fuel your body. Are you ready to operate like a well-oiled sports car? Yes!



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## Work. Health. Stress. This Is Life. Sound Familiar?

Instead of telling you to scrap your life and move to a mountaintop, switch your job, or stop living life, I am going to share with you how to have the energy you need to handle it all like a pro.

At the Institute for Integrative Nutrition, I studied more than 100 dietary theories and had the opportunity to learn from amazing teachers and leaders, including Andrew Weil, Mark Hyman, Geneen Roth, and Deepak Chopra. During this time, my life changed. As I pursued my education I discovered my own personal “healthy blueprint.” I want you to have the “ah-ha” moment just like I did when I discovered the foods that took me from feeling tired and moody to the energized person I am today. Now it's your turn!

I am introducing you to a proven concept called the elimination diet, based on the teachings of Dr. Mark Hyman and Liz Lipski, both teachers at my school. During the next three days, you will detox your body of certain foods to unclog the pipes and eliminate ingredients that may be wreaking havoc on your body and your life.

## Clean Eating to a Clean You

### HEALTHY PROTEIN SOURCES

You may think you have to starve yourself or only drink smoothies to cleanse your body, but we are debunking this myth now. Your body can and will unclog the pipes, get rid of unwanted inflammation, and regenerate when you eat protein. Actually, your cells will regenerate faster when you consume protein.



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Of course, my job as a health coach is not to tell you which protein is right or wrong for your body, as we are all different; instead it is my job to give you the best protein options to discover what works best for you.

There is no right or wrong during a clean eating program. Everybody is different, and some of us need that protein to rejuvenate, rebuild cells, detox properly, and think clearly. So please listen to your body and eat high-quality protein when you feel the need.

Always make sure you buy **nitrate-free meats** to lessen the toxin load for your body, particularly your liver and your brain. In addition, having organic, grassfed, free range animal products is best.

## ANIMAL-BASED PROTEINS:

- BISON
- LAMB
- GRASS-FED BEEF
- CHICKEN
- TURKEY
- SHRIMP
- WILD-CAUGHT FISH
- EGGS
- CANNED FISH FROM WILD PLANET (GREAT ON THE GO)

## PLANT-BASED PROTEINS:

- AVOCADO
- BEANS (½ CUP)
- TEMPEH
- SPROUTS
- HEMP SEEDS
- PROTEIN POWDER
- NUTRITIONAL YEAST





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## DAY 1

### UPON WAKING

Drink warm water with lemon.

### BREAKFAST

#### EGGS

2 eggs sautéed in 2 tablespoons of olive oil with ½ cup sautéed spinach. Top with ¼ avocado and vinegar-free salsa.

OR

#### SPINACH KISS SMOOTHIE

[Serves 1]

1 cup unsweetened coconut milk  
or almond milk

1 scoop plant-based protein powder  
(optional)

1 tablespoon ground chia seeds

1 cup frozen berries of choice

1/2 banana

½ cup spinach

Blend all the ingredients in a high-powered blender.

If you feel there is too much, then save it in a BPA-free container or Mason jar for your mid-morning snack.

Note: You can add ¼ teaspoon of cinnamon, nutmeg, or clove to your smoothie to warm your digestion. If you still feel cold from drinking your smoothie, try following it with a hot cup of dandelion or chamomile tea.





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## SNACK

Celery Sticks with almond or sunbutter

## LUNCH

### ROCKIN' SALAD

[Serves 2]

2 big handfuls of mixed greens

1 small handful of spinach

Small handful of cherry tomatoes

2 cucumbers, thinly sliced

1/4 cup raisins

1/4 cup walnuts

Combine greens, cucumbers, and tomatoes in a large bowl. Sprinkle the raisins and nuts on top, add your favorite gluten-free deli meat, and top with dressing. To make a simple dressing, try this Dijon Vinaigrette.

### DIJON VINAIGRETTE

Whisk together:

4 tablespoons olive oil

1 tablespoon Dijon mustard

1 tablespoon lemon juice

1/2 teaspoon sea salt

8 to 10 grinds fresh ground pepper

## SNACK

1 apple and 10 raw walnuts





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## DINNER

### CHOPPED PEAR SALAD

[Serves 2]

4 cups spring mix

1 pear, cored and grated

1 cucumber, peeled and sliced

4 tablespoons balsamic or Bragg's

raw apple cider vinegar

2 tablespoons of olive oil

Add your mixed greens to a bowl. Add pear and cucumber. Toss the salad with olive oil and balsamic or raw apple cider vinegar. Feel free to add cinnamon to sweeten the flavor of the salad or garlic powder to give it a zip.

## BEFORE BED

Drink chamomile tea with lemon.



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## DAY 2

### UPON WAKING

Drink water with lemon.

### BREAKFAST

#### SUPER FOOD QUINOA BREAKFAST BOWL

[Serves 1–2]

1/2 cup cooked quinoa (follow package directions ahead of time)  
1/8 cup pumpkin seeds  
4 tablespoons flax meal  
1/2 cup almond milk

1/4 cup frozen berries  
Stevia, to taste (optional)  
Combine all ingredients in a bowl.  
Serve warm.

OR

#### KALE, BERRIES, AND CREAM SMOOTHIE

[Serves 1–2]

1 cup fresh/frozen berries  
1 cup water or almond milk  
1 tablespoon coconut oil  
1-2 tablespoons ground flax/chia seeds

Handful of kale or another green of choice  
Splash of vanilla extract  
1/8 teaspoon cinnamon

### SNACK

2 dates stuffed with almond butter and cinnamon (can be pre-made and put in fridge for an on-the-go snack)





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## LUNCH

### CITRUS DELIGHT

(Serves 4)

2 grapefruits

2 tablespoons fresh grapefruit juice

1 tablespoons lemon juice

4 tablespoons extra-virgin olive oil

1 tablespoon honey or stevia

¼ teaspoon sea salt

¼ teaspoon fresh ground black pepper

5 cups arugula or choice of greens

1 avocado, peeled and diced

Peel the grapefruits. Separate the segments and remove the membranes. This is a juicy process, so do it over a bowl to collect your grapefruit juice. Whisk together the grapefruit juice, lemon juice, olive oil, honey, sea salt, and pepper. Place grapefruit segments in dressing and let stand for 5 minutes. Place arugula in a large salad bowl, add avocado chunks, and top with the grapefruit dressing. Toss thoroughly.

\*Please note that you are taking cholesterol medication do not use the grapefruits.

## SNACK

1 apple sliced in half with 2 tablespoons of almond butter and cinnamon





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## DINNER

### CAULIFLOWER MASH WITH ASPARAGUS AND SHIITAKES

(Serves 4)

|                              |                         |
|------------------------------|-------------------------|
| 1 cauliflower head, chopped  | trimmed and cut in half |
| 1-2 Tablespoons olive oil    | 1/2 onion, sliced       |
| 1-2 Tablespoons coconut oil  | 1 cup shiitakes, sliced |
| 3/4 of a bunch of asparagus, | Sea salt and pepper     |

Boil or steam the cauliflower pieces until tender. Drain and puree them in a blender or food processor with 1 tablespoon of olive oil and sea salt. Steam the asparagus for a few minutes, then drain and toss with a drizzle of oil and season to taste with salt and pepper. Sauté the onions and shiitakes in coconut oil until soft.

Spoon the cauliflower mash into bowls, cover with some onions and shiitakes, and top with asparagus.

## BEFORE BED

Drink chamomile tea with lemon.





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## DAY 3

### UPON WAKING

Drink water with lemon.

### BREAKFAST

#### GRAIN-FREE CEREAL

¼ cup raw pumpkin seeds

¼ cup walnuts

¼ cup unsweetened, shredded coconut

½ cup flax meal

1 tablespoon chia seeds

1 tablespoon honey

1 teaspoon ground cinnamon

¼ teaspoon sea salt

2 cups boiling water

In a blender combine the pumpkin seeds, walnuts, coconut, flax, honey, chia seeds, cinnamon, and sea salt. Blend until smooth. Slowly add the boiling water to the mixture, blending until smooth. Transfer the mixture to a saucepan and place over low heat for 10 minutes, stirring often. Garnish with chopped apples, raisins, sliced almonds, and a sprinkle of cinnamon and coconut. It's also delicious with a splash of coconut milk.

OR

#### RAWKIN LOVE

[Serves 2]

1 cup coconut milk, rice, almond, or hemp milk

1 banana

1 tablespoon ground flax seed

1 cup spinach or kale

1 cup frozen berries

¼ teaspoon cinnamon

1 splash pure vanilla extract

Ice (optional)

Combine all ingredients in blender; blend until smooth



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## SNACK

### APPLE BANANA SANDWICH

1 apple, unpeeled, granny smith or Fuji  
2 tablespoons pumpkin seed or sun butter  
Banana sliced, thinly

Slice the apple thinly crosswise and remove the seeds and core with a paring knife. Spread 1 apple slice with 1 tablespoon of the seed butter and top with the banana slices. Put another apple slice on top. Repeat with remaining apple slices.

## LUNCH

### CABBAGE SALAD

|                        |                         |
|------------------------|-------------------------|
| 1/2 head savoy cabbage | 1/4 red onion           |
| 1/2 head red cabbage   | 1/2 cup sunflower seeds |
| 1 Fuji apple           | 1/2 cup raisins         |

Using a sharp knife, thinly slice the cabbage, apple, and red onion and combine in a large bowl. Add the sunflower seeds and raisins. Toss gently in a large bowl. Top the salad with a dressing of your choice.

## SNACK

10 almonds and 4 ounces of coconut water if you are feeling drained, or a cup of mint tea if you are feeling cold.





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## DINNER

### WARM SPINACH SALAD WITH FIGS AND BERRIES

|                                |  |
|--------------------------------|--|
| 1/2 medium onion, sliced thin  | 2 tablespoons Bragg's raw apple<br>cider vinegar |
| 2 handfuls of spinach          | 1 cup hot water                                  |
| 8 dried figs, sliced           | 2 tablespoons olive oil                          |
| 2 tablespoons pumpkin seeds    | Sea salt and pepper                              |
| 1/2 teaspoon honey             | 1/2 cup berries                                  |
| 2 tablespoons balsamic vinegar |  |

Marinate the sliced onion in the raw apple cider vinegar and hot water for 10 minutes. Rinse and dry the spinach. Whisk together balsamic, honey, and salt and pepper. Add the olive oil slowly. Take your onions out of the marinade and toss all ingredients together.

## BEFORE BED

Chamomile tea with lemon.



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## HELPFUL TIPS FOR CLEAN EATING

- Start a food diary to document what foods you put into your mouth daily and any reactions you may notice. This exercise is not about counting calories; instead, it is to determine which foods are fueling or draining you and for you to notice any changes you experience over the next three days.
- Aim to eat food in its natural state. This ensures your body is assimilating the nutrients and that cell regeneration is happening.
- Make sure you are adding a healthy protein to your meals (see the lists of healthy animal- and plant-based proteins); protein also helps to stabilize blood sugar, resulting in increased energy and weight loss.
- If you want to upgrade your clean eating experience, try adding a handful of greens to your smoothie, drinking a green juice, or making a green drink with 16 ounces of water, 1 tablespoon of chlorophyll, and the juice of one lemon. You can purchase chlorophyll at any natural food store, Whole Foods, or Amazon.
- Clean eating supports a clean body, which means you want to have a healthy bowel movement every day. To ensure you are properly eliminating your bowels, drink at least 60 ounces of good quality water throughout your day.

## HELPFUL TIPS FOR PUTTING YOURSELF FIRST

- Make sure you are taking at least five minutes out of your day, five times throughout the day to refocus your attention on you. Examples of self-care include taking a walk outside, deep breathing, getting up from your office desk and taking a stretch, journaling for five minutes, watching an inspirational YouTube video, reading inspirational quotes, or simply just being.





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- Remind yourself to put yourself at the top of the totem pole. Too often we are taking care of the rest of the world and putting ourselves last. Clean eating is not just about the food on your plate; it is the whole picture. Don't forget about the food you are feeding your mind, too, in terms of thoughts and sensory input.
- Release old patterns of thinking that are negative and focus on the positive in your life.
- Pamper yourself with a massage from a therapist or a loved one.

## GET PREPARED FOR YOUR JOURNEY

- Clean out the foods in the refrigerator and the pantry that are processed. Give your house a clean eating detox. Get rid of processed foods and any white sugar, bread, and pasta.
- Give your digestion a rest for three days and give up wheat and dairy. Look at this three-day experience not as a deprivation but a gift. You are improving your digestion, your metabolism, and your vitality.
- Set a goal for yourself. Is it to lose weight? Reduce inflammation? Improve digestion? Clear up your skin? Write down this goal and post it on your bathroom mirror and in your car. Make it visible so you can be reminded of how important the next three days are to your life.
- Get support from friends and family, if possible, to make these pivotal changes.





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## 7 TIPS TO A SUPERB YOU

- **Hydration.** Drink at least 60 ounces of water every day. Many people are lacking minerals, which are key to metabolic function, so feel free to add 4 ounces of coconut water daily, especially if you are working out intensely.
- **Eat the right fuel.** You will learn how to achieve this goal in this next three days.
- **Eat enough protein** for your body to run like a well-oiled machine. By the end of this three-day experience, you will instinctively know what fuels your body.
- **Exercise** at least four times a week. Exercise increases the blood flow in your body, sweats out toxicity, and increases endorphins (which are the happy hormone in your body).
- **Rest to rebuild.** Your cells need you to sleep at least 7–8 hours.
- **Ditch the toxic products**, such as lotions, make-up, and household products, which wreak havoc on your system and metabolism. The more you take care of your liver, the better of a job it can do for you, which means feeling superb daily.
- **Positive thinking.** By shifting our perception and thinking positively about our lives—getting grateful and being present to what we have instead of what we do not have—we feel more alive.





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## PRAISE For Clean Eating with Lynne

*"Lynne was extremely reassuring and supportive in easing my apprehensions and helping me personalize the clean eating program to work best for me. At the end, I noticed my stomach was much flatter (and still is, which is amazing!), my clothes fit better, and I felt great overall. Lynne's guidance and shared knowledge throughout the program was paramount in my successful completion. And as personal wardrobe stylist, I love that I can refer my clients to Lynne's clean eating program to give them a great tool to further enhance their lives."*

**- Natalie Tincher: Owner of Buttoned Up Style  
and Co-contributor to Our Style File blog**

## WORK WITH ME

I was so proud and happy when my stylist, Natalie, had such great success with my program. As I have followed up with her, she has expressed her excitement in being able to continually make better food choices because of all the knowledge she gained through my clean eating program. These results give me such great joy and are why I have set out to help others live a healthier lifestyle. I look forward to working with you to help you make positive and lasting changes in your life as we work to strengthen our love of local, seasonal, delicious healthy foods.

Please contact me for **your free 30-minute strategy session** to discuss how I can help you effectively lose weight, develop and deepen your clean eating routines, and enjoy endless energy.

For more information on my customizable clean eating programs, visit [www.lynnedorner.com](http://www.lynnedorner.com). Change is waiting for you!

