

Lucyssquad 7-day Clean Eating Plan



What is clean eating?

Clean eating is a such a simple concept and the most effective. A great way to sum it up is: a “strawberry” is what we call clean, as it is in its natural state, yet shop-bought strawberry jam is not, as this then has a mix of other ingredients, and highly likely a huge amount of sugar, so instead make your own strawberry jam by pulping some strawberries and add a little honey, and that is “clean strawberry jam”.

Speaking as your trainer this is what you need to understand: we can do all the jump squats in the world, but if we are eating rubbish we are never going to feel or look our best, so combining fitness with clean eating is a winning formula.

So for #lucyssquad I have put together a 7-day healthy clean eating plan for you – but life is about balance and we can still have the odd bit of what we fancy. As a chocolate lover I could not cut this out, instead I just control it. Normally I would have recommended you do 5 days clean eating and then you can if you want be a little less stringent on 2 days -

but to be honest once you start clean eating you won't want to eat processed rubbish again.

How it works?

I have created you a 7-day plan and each day I have selected a recipe with a video that you can click on (these are in yellow boxes and you will need to be online) and it will take you to a full video so you can see how to make that recipe. I have created a new hashtag for all of #lucyssquad which is #lucyssquadfood so we can all motivate each other by sharing these online, as our community is growing and that is because we are all encouraging and interacting with each other.

The other really important thing to focus on is portion size so just always be aware of this. Eating bigger portions means we are simply consuming more calories so stick with small. To find out tips on portion control you can watch this video on [HOW TO CONTROL YOUR PORTIONS VIDEO](#)

TIP: Why not take your waist measurement, as if you stick to this 7-day plan, alongside my videos on YouTube you can expect to lose between 1 – 2 inches from around your waist. To measure this correctly watch this [MEASURE YOURSELF VIDEO](#) and of course you could take a photo.

So here we go: 7 days of healthy clean eating which is going to give you energy, invest in your health and get you in fabulous shape. Plus it is jam packed full of variety so you won't get bored. It is so important to vary your diet, never just eat the same thing as you deprive your body of nutrients. Rest assured that in the following 7 days you are going to be getting an abundance of macro and micro nutrients and you will also notice that this improves your skin, hair and nails.

Please note that if you are vegetarian or vegan that you can swap dishes around to suit your diet. And if you have any nut allergies then please replace any nut suggestions with a healthy alternative.

Don't forget if you want to show off any of the dishes you make with [#lucyssquad](#) community then post up on social media with this hashtag #lucyssquadfood.

#LUCYSSQUAD
are all winners

Day 1

Breakfast

Scrambled egg with grilled tomatoes and sliced avocado

Snack

Hummus with cucumber and carrot sticks

Lunch

Sweet Jacket Potato with tuna and coriander

Snack

Soya Latte with a handful of cashew nuts

Dinner [HOW TO MAKE HEALTHY PIZZA](#)



Day 2



Breakfast

Porridge made with almond or soya milk, with sliced strawberries and a drizzle of honey

Snack

Oatcake with a mashed banana and raisins spread on top

Lunch

GUILT FREE PASTA AND SAUCE optionally you can add a cooked chicken breast to this pasta dish

Snack

Slice of whole meal toast topped with avocado and a few chilli flakes

Dinner

Stuffed roasted red peppers, made with sautéed lean beef (if you are vegetarian or vegan just leave this out), kidney beans, onion, garlic, cherry tomatoes, and serve with brown rice.



Day 3



#LUCYSSQUADFOOD

Breakfast

Yoghurt Parfait, natural low fat yoghurt, raspberries, oats and crushed hazelnuts and a drizzle of honey

Snack

Apple slices with a little no- sugar -added peanut butter spread

Lunch

Open grilled chicken hot salad sandwich (vegetarians or vegans just add more avocado), one slice of toasted rye bread topped with spinach leaves, sliced avocado, green pepper, and cooked chicken breast, and then drizzle a small amount of

PEAR AND CORIANDER DRESSING

Snack

Soya cappuccino and banana

Dinner

COCONUT, LIME AND SALMON





Day 4

Breakfast

BREAKFAST PANCAKES

Snack

PINK HUMMUS AND PITA DIPPERS

Lunch

Homemade sweet potato, chilli and ginger soup with a small wholemeal roll

Snack

Soya Latte with a few dates

Dinner

Prawn and pea stir fry (vegetarians swap prawns for water chestnuts and cashews)



#LUCYSSQUAD
support each other

Day 5

Breakfast

Poached egg on a grilled portobello mushroom

Snack

Cherry tomatoes with some cottage cheese

Lunch

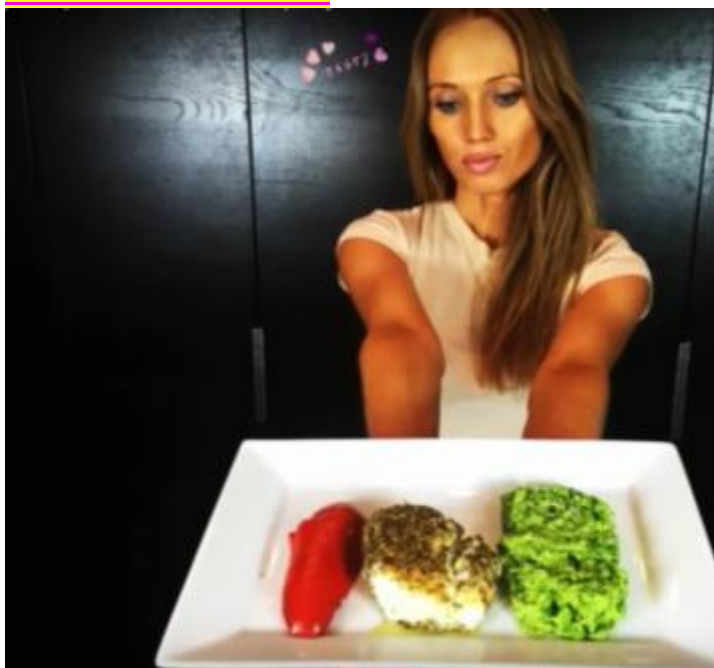
Bowl of couscous with grated carrot, courgette, pine nuts and feta

Snack

Pear with a few sunflower seeds

Dinner

ITALIAN FISH DISH



LIPSTICK LUNGES LATTES

Day 6

Breakfast

Mashed avocado with lime on a chunky slice of wholegrain toast

Snack

Banana and a handful of raisins

Lunch

CHICKEN AND AVOCADO WRAP

Snack

Soya Cappuccino and yes 2 small squares of dark chocolate

Dinner

Grilled haloumi, tomato, pepper and mushroom kebabs served with quinoa

TREAT HEALTHY PUDDING - STRAWBERRY SOUP



Day 7

#LUCYSSQUAD 
rock

Breakfast

EGG AND RED AND GREEN PEPPER
MUFFINS

Snack

Hummus with carrot and cucumber sticks

Lunch

Tuna, rocket, tomatoes, green beans, red onion and brown rice salad

Snack

Peach and some pecans

Dinner

Grilled Lemon Drizzle Chicken breast with rocket, feta and couscous.

TREAT ICE CREAM CUPCAKES



Some of #lucyssquad Before and Afters



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BOOKS,**



SERVICES AND PRODUCTS



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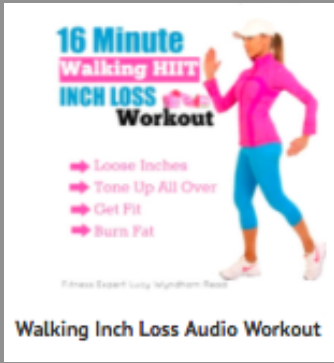
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