

CLEANSE + LEAN PROTEIN GUIDE

LEAN PROTEIN

¼ of your meal

- 4 oz chicken breast.....135, 25g protein
- 4 oz turkey breast.....130, 24g protein
- 4 oz salmon (wild-caught).....130, 23g protein
- 4 oz mahi mahi.....100, 21g protein
- 4 oz shrimp.....120, 25g protein
- 4 oz scallops.....125, 22g protein
- 4 oz cod.....100, 21g protein
- 4 oz tuna (wild-caught).....120, 26g protein
- 3 large egg whites.....60, 13g protein
- 1 cup edamame.....180, 19g protein
- 6 oz tofu (firm).....160, 18g protein
- 4 oz tempeh.....180, 18g protein
- ¾ cup plain non-fat Greek yogurt...120, 20g protein
- Shakelee Protein Seltzer.....160, 40g protein
- Shakelee Life Shake (clean).....140, 20g protein
- Shakelee Collagen.....45, 10g protein

NOTES:

- Organic, grass-fed/pasture-raised meat and dairy
- Wild-caught seafood, Mercury tested
- Organic, minimally processed
- Measurements are cooked unless otherwise noted
- These are estimates. Calories, protein and fiber vary by brand

CLEANSE VEGETABLES / FRUIT

½ of your meal

- Leafy greens (spinach, kale, arugula, romaine)
- Broccoli
- Cauliflower
- Brussels sprouts
- Cabbage
- Zucchini
- Yellow squash
- Asparagus
- Green beans
- Bell peppers
- Cucumber
- Celery
- Radishes
- Mushrooms
- Tomatoes
- Red onion
- Garlic
- Artichokes
- Green peas
- Avocado
- Berries (blueberries, strawberries, raspberries, blackberries)
- Apple (green)
- Pear
- Grapefruit
- Kiwi
- Lemon / Lime

NOTES:

- Choose mostly non-starchy vegetables
- Fruit in moderation—focus on lower glycemic options
- Organic when possible
- Variety is key for nutrients and gut health

GOOD BASIC SALAD DRESSING FOR THE CLEANSE

- 1/3 cup olive oil
- 1/2 cup lemon juice
- 1/4 cup nutritional yeast
- 2 garlic cloves
- 1/2 tsp salt and pepper
- 1 tsp oregano

Make a large batch to keep on hand.