

Paleo Scaleo's

TOP 10 CLEAN EATING TIPS

1. **Cook meat in bulk.** This will allow you to have protein ready and on hand for your week. Cook a package of chicken breasts and you can make a variety of things throughout the week—chicken tacos, chicken salad, a healthy green salad with diced chicken—the possibilities are endless.
2. **Dedicate time to prep your meals every week.** Try to pick one day a week that you can dedicate a couple of hours in the kitchen, cooking a few things in bulk. It will make it so much easier to stay on track as the week goes on.
3. **Keep your fridge well stocked for emergencies.** A well stocked fridge is key! Keep things like hard-boiled eggs, smoked salmon and chicken salad on hand. Things you can grab when you need a quick snack but don't have time to prep.
4. **Eat homemade broth regularly to boost your immune system and give you strength.** Use it as a base for soups and stews, add it to sauces, or simmer veggies in it.
5. **Don't be afraid of leftovers!** When you make dinner, make extra for lunch the next day. It leaves no room for the possibility of being unprepared the next day and running out to grab something that your body will not thank you for later.
6. **Read ingredient labels.** You'll be shocked at the number of things that contain sugar and the number of ingredients you can't pronounce.
7. **Pick a new recipe or two once a week to make for dinner.** It helps keep boredom at bay and keeps things interesting.
8. **Always have a plan before going to social gatherings or dining out.** There is a lot of social pressure to eat junk. Eat a satisfying meal before you go to parties so you don't get tempted by unhealthy choices, and review the menu for the restaurant before you head out the door.
9. **Follow blogs and Facebook pages about clean eating.** The more you see it and read it, the more it will stick in your head and become a lifestyle. In addition, you'll get great support and recipe ideas!
10. **Use your Crock-Pot.** This is great for cooking meat in bulk, or for having dinner ready when you walk in the door. Freeze leftovers for later!