



EMPOWERING

DIET TIPS

to Help You

EAT

CLEAN

WORKSHEET



Empowering Diet Tips to Help You Eat Clean
Worksheet

Clean eating is an important lifestyle change that can make you healthier and happier. Answer these questions to discover ways you can add clean eating to your diet.

1. How does your current diet make you feel, and what are your energy levels?

2. How will switching to clean eating improve your life?

3. What are some simple recipes you can make that follow the clean eating diet?

Empowering Diet Tips to Help You Eat Clean
Worksheet

4. How can you help your family adjust to the clean eating lifestyle?

5. How will you change your shopping habits at the grocery store?

6. What are some of your favorite herbs and spices that can make cooking while on the clean eating plan better?

7. Is your kitchen ready for a clean eating makeover? What changes will you make?

8. How will you substitute healthy versions of your family's favorite processed foods?

9. What can you cook ahead and freeze to make eating clean easier?

10. How will you track the positive changes from eating clean?
