

**THE ENERGY ISSUE** 28 **FAST, FRESH RECIPES**

Real food for a healthy, happy life.

# Clean Eating

MARCH/APRIL 2019

*Better  
Breakfasts*

High-Protein,  
Low-Carb +  
Make-Ahead!



**BLENDER  
SOUPS**  
2 STEPS  
AND DONE!



**SMOOTHIE  
BOWLS**

COOK SUNDAY,  
EAT GRAIN-FREE  
*all week!*

**YOUR 1-WEEK  
MAX ENERGY  
MEAL PLAN  
+ SHOPPING LIST!**

5TH ANNUAL  
**CLEAN  
CHOICE  
AWARDS**

**THE YEAR'S  
BEST NEW  
FOODS**







# 50 GAME-CHANGING PRODUCTS

*On Shelves Now*

This year, we honed in on the products that surprised and delighted us, searching for items that benefit the environment, going beyond reusable to redefine packaging or rethink single-use application. Foods and beverages not only had to wow the taste buds of the *Clean Eating* team, but they also had to appeal to those of our readers, whose opinions we value dearly. Readers and friends were invited to the CE office for an evening of tasting, where we listened to feedback. Finally, we chose products that were not just on trend but so creative and fresh that we felt like we were experiencing something new.

**Because we know you don't need more unnecessary junk in your life.  
Because we know you value your money.  
These are the top 50 – only the best.**

BY ALEXANDRA EMANUELLI, PHOTOGRAPHY BY GEOFFREY ROSS









#### SUPER SMOOTHIE

A blend of pumpkin, hemp, chia and flax seed proteins form the base of Health Warrior Superfood Protein Powder to make a creamy and rich mix. Sweetened only with monk fruit extract, rather than stevia typically found in powders, each serving packs 20 grams of protein for all-day energy. **\$30, healthwarrior.com**



#### PLEASING PORRIDGE

Simply add water to the convenient pouch and enjoy Wild Zora Cliffside Coconut Berry Paleo Porridge for a satiating breakfast. Using almond flour and flaxseed meal to replicate traditional oats, this protein-packed mix is ideal for travel, busy mornings or just about any time! **\$11, wildzora.com**

# Paleo-friendly

Whether you're following the Paleo lifestyle or simply limiting grains and dairy, these nourishing nibbles are sure to satiate and satisfy.

#### READER'S CHOICE WINNER

##### SMART COOKIE

The Real Coconut Plantain Flour Cookies: Hemp Raisin were a clear winner, with a dense yet soft texture and deeply spiced cinnamon flavor. A couple of our editors even have some stashed away for sweet-tooth moments. **\$3, therealcoconut.com**



#### CEREAL KILLER

A medley of nuts, dried fruits and seeds in Seven Sundays creates a satisfying snack or nourishing breakfast with a splash of nut milk or coconut yogurt. A fun combination of textures and flavors such as marshmallow-like freeze-dried strawberries and crunchy pecans make this a grown-up cereal dupe. **\$9, sevensundays.com**