

THE CLUTCH DIET: GET RIPPED, GET HEALTHY

APPROVED FOOD LIST

LEAN PROTEIN

WOMEN'S SERVING SIZE: 3.5 OUNCES

MEN'S SERVING SIZE: 6 OUNCES

- 1 scoop Clutch protein powder
- 1-2 scoops Clutch baking mix
- Organic turkey breast
- Organic chicken breast
- Wild-caught mahi-mahi
- Wild-caught sea bass
- Wild-caught swordfish
- Wild-caught tuna
- Wild-caught tilapia
- Wild-caught salmon
- Wild-caught cod
- Organic eggs (serving size 1 whole, 4 whites)

CARBOHYDRATES

WOMEN'S SERVING SIZE: 1/3 CUP

MEN'S SERVING SIZE: 1/2 CUP

- Organic sweet potato
- Organic blueberries
- Gluten-free bread
- Quinoa
- Jasmine white rice
- Basmati white rice
- Organic strawberries
- Organic yams
- Organic apple
- Rolled oats
- Carrots
- Banana
- Beets

VEGETABLES

WOMEN'S SERVING SIZE: 1-2 CUPS

MEN'S SERVING SIZE: 1-2 CUPS

- Organic spaghetti squash
- Organic collard greens
- Organic mixed greens
- Organic asparagus
- Organic cucumber
- Organic broccoli
- Organic zucchini
- Organic kale
- Organic okra
- Organic celery
- Organic spinach
- Organic arugula
- Organic cabbage

HEALTHY FATS

WOMEN'S SERVING SIZE: 1 TBSP

MEN'S SERVING SIZE: 2 TBSP

- Organic all-natural peanut butter
- 1/4 cup unsalted raw almonds
- 1/4 cup unsalted raw walnuts
- Premium extra-virgin olive oil
- Raw almond butter
- Virgin coconut oil
- Virgin pumpkin oil
- Whole chia seed
- Whole flax seed
- Avocado (1/4 avocado)

SEASONING

- Alcohol-free vanilla extract
- Sea salt
- Cayenne pepper
- Black pepper
- Chili powder
- Coriander
- Cinnamon
- Jalapeno
- Nutmeg
- Stevia
- Ginger
- Curry
- Lemon
- Dill

BEVERAGES

- Matcha green tea, (2 cups per day)
- Herbal unsweetened tea
- Filtered water
- Alkaline water
- Water