

*Your Eating Clean Journey:  
a 28-day transformation*



coaching, recipes, how-to, and a plan... all to support you in Eating Clean for life

[www.thebalancetree.com](http://www.thebalancetree.com)

**Are you ready to improve the food you put in your body and feel your body improve right along with it?**

**Here we go!**



Jessica Bonosoro with The Balance Tree Health Coaching is a Certified Holistic Health Coach. She is a mother, a girlfriend, a friend, a coach, and a woman - doing her best to live a healthy, happy life. As a health and life coach, Jessica supports her clients to find their own balance of healthy food and lifestyle choices with ease.



## Welcome!

I'm so glad you are here. I'm Jessica Bonosoro. I am a Healthy Living Coach. I work with people to help them make healthy food and lifestyle choices with ease so they can improve their health, have more energy, and enjoy their lives. I strongly believe in the saying "start where you are" both as a practice of acceptance and as a commitment to make a change.

Through the years, I have found myself and my clients starting at various places along the spectrum of healthy living. There is no wrong place to be, and there should be no judgement of yourself or others about where you are now. Whether you are drinking soda every day or haven't touched the stuff in years, eating clean is simply a lifestyle choice and one available to you every day.

Before we get to it, I want to share a little about me. I may be a healthy living coach now, but that wasn't always the case.

I used to be a busy full-time professional with frequent work trips on my calendar. I fell into a routine of many quick-meal solutions like frozen entrees for lunch, quick pasta dishes for dinner, or if my then-husband cooked: steak and only steak. My body ran for a long time on very few nourishing, fulfilling foods. In fact, if someone had told me back then that I'd be supporting others in living happy, healthy lives, I would have probably cried feeling the truth of how good that would be but knowing I was so far from that myself.

I mean, I always did great with a focused program, whether that was a three-week cleanse or a five-month training program to run a marathon. But when not committed to a goal, I faltered, not knowing what to eat or how to stay motivated to exercise on a regular basis.



So what happened to turn my quick-fix/short-term focused life into a lifestyle change? I took a look at what was important to me and wrote out a list of values I wanted to live by:

**Faith and Trust**  
**Creative Expression**  
**Fearless Action**  
**Grace**  
**Human Connection**  
**Healthy Living**

I started with what seemed most accessible – Healthy Living - and began to change my eating habits. I stopped buying cookies, ice cream and most other processed snack foods. My fruit and vegetable supply became plentiful, and I found it much more satisfying to reach for an apple than an Oreo. Fast forward nearly a decade later, I've combined all my personal experience and professional expertise in a powerful solution that can finally show you how easy it can be to Eat Clean! Let's start here and see where it takes you!

Be well and enjoy the journey!

## What does Eating Clean Mean?

### Principles of Eating Clean

The best way to nourish our bodies is with real food, grown and harvested locally when possible and, most importantly, prepared with presence and love.

Eating Clean means primarily to eat real, whole foods and cut out all the processed foods, chemicals and preservatives that are in so many packaged food items.

With an Eating Clean lifestyle, you'll enjoy:

- Fruits, lots of berries
- Vegetables, a variety of colors especially dark leafy green ones
- Whole grains – brown rice, quinoa, buckwheat, whole oats, millet, wild rice
- Beans & legumes
- Lean, organic grass-fed meat
- Organic, free-range poultry
- Wild fish
- Eggs – pasture-raised, local if possible
- Dairy, organic (may not be for everyone)
- Nuts & seeds
- Herbs & spices
- Healthy fats – avocado, coconut oil, olive oil, ghee
- Natural sweeteners – honey, maple syrup, coconut sugar, date sugar
- Water
- Herbal teas

And saying no to:

- Processed foods
- Gluten
- Refined sugar
- Saturated fats
- Refined grains
- Artificial sweeteners

## Food Intolerances You May Not Even Know You Have

Do you have a favorite food that you HAVE to have or can't stop eating? Do you feel tired, bloated, and drained ALL the time? These may be signs of a food addiction or food intolerance. And if you're thinking, "Okay, so what's the big deal," then you should know it takes only ONE food to wreak havoc on your health and your ability to maintain a healthy weight, immunity, and more.

Many times, the foods we think we LOVE the most are actually the foods our bodies have a sensitivity to or intolerance to, keeping us from losing weight and making us feel tired and depressed.

When we eat a food we have an intolerance or sensitivity to, it causes an inflammatory reaction and floods our body with chemicals. And it's the chemicals our body releases that we can become addicted to and could be keeping us from losing weight, causing us to be tired and starting a cascade of other symptoms. One reason is our immune system can attack the food much like it would attack a germ, taxing your whole body and draining your energy.

Food allergies and intolerances are much more common than most people realize.

Millions of adults and children suffer from allergic reactions to food and do not know it because the symptoms can be hard to diagnose. The reason a food intolerance is so difficult to identify is that there are so many different symptoms and the symptoms are different for everyone. Also, there is often a delayed reaction from eating the food, so you may eat wheat one day and feel fine, but then the next day you feel bloated and tired.

More common allergies are really more like food sensitivities and because the symptoms are bloating, poor digestion, headaches, lethargy, depression, and weight gain, most people don't think they're caused by the food they've been eating their entire lives. They just think, "There must be something wrong with me." The most common foods people have a sensitivity, or intolerance to, are dairy, wheat/gluten, and soy. (Gluten is the portion of the wheat that causes the problems, and it also found in other gluten grains.) These are the foods that often end up being trigger foods for people, along with sugar.

When people don't know that a food intolerance is the root cause of their health issue, they usually blame it on their slow metabolism or their bad genetics and they just live with it. Once you have eliminated these reactive foods from your life, you will be amazed at how quickly your energy and health will increase and, if needed, weight will effortlessly fall off. Your body will thank you for returning it to its natural state of radiant health.

### Symptoms typically caused by food intolerances:

- Acne/skin breakouts
- Anxiety
- Gas/bloating
- Slow metabolism
- Depression
- Headaches
- Lethargy
- Weight gain
- Digestive issues
- Cravings for food
- Binge eating

### How you will feel when you clear out your food intolerances:

- Weight loss
- More energy
- Better digestion and elimination
- Fewer symptoms of chronic illness
- Improved concentration and mental clarity
- Less congestion and fewer allergy-related symptoms
- Less joint pain
- Less fluid retention
- Increased sense of peace and relaxation
- Enhanced sleep
- Better looking skin
- Brighter eyes



## Why Eat Clean?

Still need convincing? Well, have you noticed... no one simply dies of “old age” anymore? Heart disease, cancer, diabetes, dementia – these are far too common today and cause not only death, but a slow, degenerative life leading to that death. These diseases break down our bodies until finally they are unable to support life. And the crazy thing is we can prevent them – with food!

Every day more and more research is showing that we truly are what we eat and unfortunately, in America, with the great industrialization of the food industry, much of what we eat is full of chemicals and can only loosely be defined as food.

Eating Clean is a way of living that honors our bodies, our minds and our choices. I ask “why eat clean?” or put another way, “why do you want to be healthy?” we all have our unique answers, our own personal motivations.

- To enjoy our children or grandchildren
- To be able to travel
- To have the confidence that comes with looking “hot” into your 40s and 50s
- To be strong and fit for all the adventuring you love to do

There are so many reasons for wanting to feel your best. Finding your own, individual “why” is key in keeping the commitment to eat clean throughout this program and going forward in your life. I hope you will discover through the course of these ten days how great you can feel when you feed your body real, whole foods.

Eating Clean allows you to enjoy life more and for a longer amount of time. So maybe the question should be “why *not* eat clean?”

## Intention

*“Intention is the starting point of every dream.” ~ Deepak Chopra*

Intentions are different than goals. Intentions drive your actions by pulling you forth to who you want to be. Ask yourself the following questions to help get clear on what you ultimately want here? What are you looking for in your experience of how you feed yourself?

The more you can feel what you want, the more you can fuel your motivation. Use the questions as a guide to create a vivid picture and write it down.

Use the space on the following pages or your journal to reflect on your Eating Clean Journey Intentions.

What do you intend to get out of Your Eating Clean Journey?

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What do you *really* want for yourself and your health?

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Who will you be when this 28 days is finished?

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How will you have changed?

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What will you feel like?

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Who do you want *to be* in the way you feed yourself?

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How do you want to feel – both from the actual food you eat and from the way you feed yourself?

Allow yourself to really reflect on this. Make a list of your most commonly made or purchased meals – breakfast, lunch and dinner. Think about how you feel about serving and consuming each of the meals.

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## Commitment to yourself

Print and keep this posted where you'll see it every day. Read your personal intention each morning and evening of your 28-day journey.

- I commit to supporting my body and spirit as they have supported me for all these years.
- I commit to being kind with myself and others.
- I commit to clearing myself of negative self-talk.
- I commit to clearing myself of negative talk of others.
- I commit to taking care of my body in a loving way.
- I commit to making time for myself and taking care of myself so I can receive the full benefits of this program.
- I commit to focusing on my desired outcome, rather than getting caught up in how I will get there.

I commit to my intention:

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Signature

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Date

## Awareness

*“Awareness is like the sun. When it shines on things, they are transformed.” ~ Thich Nhat Hanh*

To become aware, we must first open our eyes and see where we are now. We will be using several tools this week to help you gain awareness of how your body feels now, and how the food you eat impacts you.

### Start Where You Are Now

Before beginning it is important to take inventory and assess where you currently are on all levels of being. Take the time to journal so you can become clear about how you feel now, both physically and emotionally.

Date \_\_\_\_\_

Weight \_\_\_\_\_

Energy (1-10) \_\_\_\_\_

Measurements:

Chest \_\_\_\_\_ Waist \_\_\_\_\_ Hips \_\_\_\_\_ Thighs \_\_\_\_\_

Arms \_\_\_\_\_ Fullest Belly Point \_\_\_\_\_ Calves \_\_\_\_\_ Above Ankle \_\_\_\_\_

Other Notes

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Why did you invest in this program?

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What would you like to change or shift during this time?

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Regarding your above answer, what would your ideal outcome be?  
What would make you realize you had succeeded?

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How does your body feel now? How would you like it to feel?

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Do you have any pain?

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How are your energy levels?

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How are your moods?

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Do you feel happy, confident and content?

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What are your current health concerns or issues?

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## Toxicity and Inflammation Quiz

Take this quiz today, on day 2 of your 28-day journey. You will take it again on day 13 and day 25. (This test is adapted from the work of Dr. Mark Hyman.)

Day 2 date: \_\_\_\_\_

Day 14 date: \_\_\_\_\_

Day 25 date: \_\_\_\_\_

### Rating Scale –

- 0** – Almost never
- 1** – Occasionally have it, effect is not severe
- 2** – Occasionally have it, effect is severe
- 3** – Frequently have it, effect is not severe
- 4** – Frequently have it, effect is severe

Digestive Track	Day 2 of 28	Day 14 of 28	Day 25 of 28
Nausea or vomiting			
Diarrhea			
Constipation			
Bloated feeling			
Belching or passing gas			
Heartburn			
Intestinal / stomach pain			
Subtotal			
Ears	Day 2 of 28	Day 14 of 28	Day 25 of 28
Itchy ears			
Earaches or ear infections			
Drainage from ear			
Ringing in ears or hearing loss			
Subtotal			
Emotions	Day 2 of 28	Day 14 of 28	Day 25 of 28
Mood swings			
Anxiety, fear, or nervousness			
Depression			
Subtotal			



<b>Energy / Activity</b>	<b>Day 2 of 28</b>	<b>Day 14 of 28</b>	<b>Day 25 of 28</b>
Fatigue or sluggishness			
Apathy or lethargy			
Hyperactivity			
Restlessness			
Subtotal			
<b>Eyes</b>	<b>Day 2 of 28</b>	<b>Day 14 of 28</b>	<b>Day 25 of 28</b>
Watery or itchy eyes			
Swollen, reddened or sticky eyelids			
Bags or dark circles under eyes			
Blurred or tunnel vision			
Subtotal			
<b>Head</b>	<b>Day 2 of 28</b>	<b>Day 14 of 28</b>	<b>Day 25 of 28</b>
Headaches			
Faintness			
Dizziness			
Insomnia			
Subtotal			

<b>Heart</b>	<b>Day 2 of 28</b>	<b>Day 14 of 28</b>	<b>Day 25 of 28</b>
Irregular or skipped heartbeat			
Rapid or pounding heartbeat			
Chest pain			
Subtotal			
<b>Joints/ Muscles</b>	<b>Day 2 of 28</b>	<b>Day 14 of 28</b>	<b>Day 25 of 28</b>
Aches or pain in joints			
Arthritis			
Stiffness or limitation of movement			
Aches or pain in muscles			
Feeling of weakness or tiredness			
Subtotal			
<b>Lungs</b>	<b>Day 2 of 28</b>	<b>Day 14 of 28</b>	<b>Day 25 of 28</b>
Chest Congestion			
Shortness of breath			
Difficulty breathing			
Subtotal			

Mind	Day 2 of 28	Day 14 of 28	Day 25 of 28
Poor memory			
Confusion or poor comprehension			
Poor concentration			
Poor physical coordination			
Difficulty making decisions			
Stuttering or stammering			
Slurred speech			
Learning disabilities			
Subtotal			
Nose	Day 2 of 28	Day 14 of 28	Day 25 of 28
Stuffy nose			
Sinus problems			
Hay fever			
Sneezing attacks			
Excessive mucus formation			
Subtotal			

<b>Skin</b>	<b>Day 2 of 28</b>	<b>Day 14 of 28</b>	<b>Day 25 of 28</b>
Acne			
Hives, rashes, or dry skin			
Hair loss			
Flushing or hot flushes			
Excessive sweating			
Subtotal			
<b>Weight</b>	<b>Day 2 of 28</b>	<b>Day 14 of 28</b>	<b>Day 25 of 28</b>
Binge eating/ drinking			
Craving certain foods			
Excessive weight			
Compulsive eating			
Night eating			
Subtotal			
<b>Other</b>	<b>Day 2 of 28</b>	<b>Day 14 of 28</b>	<b>Day 25 of 28</b>
Frequent illness			
Frequent or urgent urination			
Genital itching or discharge			
Subtotal			
<b>Grand Total</b>			