

# Clean and Lean

BY ELLIE ARCHER, SANDRA BUECKERT, WENDY CARVALHO-ASHBY, ANNETTE MILBERS FLECK, AND JARI LOVE

PHOTOGRAPHY BY PERRY THOMPSON

Calgary's top trainers know that looking good is more about what you put in your stomach than what you do at the gym—a lot more. Here they share their philosophy about eating and what they eat on a typical day.



ANNETTE, WENDY, SANDRA, ELLIE, AND JARI KNOW ALL ABOUT EATING RIGHT.

## ANNETTE MILBERS FLECK

I try to eat clean all year round, as I do not believe in huge weight fluctuations. I tend to stay lean in my off-season as well in case I need to get ready for photo shoots. A healthy lifestyle is important, and getting ready for a show should not be a huge undertaking. I believe in eating six to eight small meals per day, each consisting of a lean protein, clean carb or essential fats or both. My in-season diet is stricter, dropping most dairy and condiments and smaller portion sizes. I also have one "cheat" meal a week consisting of whatever I have been craving (pizza, brownies, etc.). That way I tend not to cheat during the week because I have my favourite food to look forward to, and it creates more balance and enjoyment in my life.

I drink at least four litres of water per day and supplement my diet with a multivitamin.

I find that working and being a mom, my life is busy and I need to plan my food and have it ready in the fridge to grab when I'm on the go. I keep raw veggies on hand and always have a carton of egg whites in the fridge.

Putting chicken and veggies in the slow cooker in the mornings is a lifesaver for me, because then at the end of the day, my protein is there and ready to eat.

## WENDY CARVALHO-ASHBY

A fashionable lunch bag is as important for building a beautiful figure as a great handbag and matching stilettos for showing it off. Clean eating starts with carefully planning what goes into your lunch/meal bag every day. Over time you will notice a transformation in your body, extra energy, extra time, and less stress when it comes to meals. Eating clean allows one to ingest the proper macronutrients found in whole foods and to avoid excess sugar,

salt, and processed chemicals. I try to eat clean all year long so that when I get closer to a bodybuilding and fitness competition I do not have to work as hard or increase my hours in the gym. Eating clean and working out is a lifestyle. By eating healthy foods the majority of the time, I don't have to crash diet or do crazy extra hours in the gym to stay fit. I try to eat six small nutrient-dense meals a day, six days a week, and I have one day a week that I can cheat. A cheat day does not mean a free-for-all where all nutrition goes out the door. Rather, on a cheat day I can go over to my family's house and enjoy a Sunday dinner or attend a party with my husband where it might not be appropriate to bring along my trusty lunch bag.

## SANDRA BUECKERT

Recently, I read that "women have gotten out of the kitchen, but their daughters are afraid to eat." Well, this girl is not afraid to eat! Food for me is all about performance and health. With enough calories, I can train hard and stay lean. For steady energy, I eat five to six times per day. Roughly every three to three and a half hours you'll catch me noshing.

If you eat right, when you do indulge it'll be no big deal. Sweets are my crack. My favorite dessert in the whole world is cheesecake—thick, baked and creamy New York-style cheesecake with strawberries and ice cream. Is it getting warm in here? Knowing this, I go out for dessert. As a reformed fatty, I don't make it easy for myself to get to my vice too often.

If I see another chicken breast—well, you fill in the blanks. My husband introduced me to boneless, skinless chicken thighs, and although they are a little higher in fat, they are always moist. I barbecue them or use

them in my stir fries.

Snacks? I choose from at least two food groups, for example, cottage cheese and fruit. At main meals, I will pick at least three food groups, for example, salmon, rice, and vegetables. I eat protein at every meal to keep my blood sugar steady.

I keep "diet" foods to a minimum, for example, no aspartame. And butter, not margarine.

I pack lunches and snacks the night before. With two kids to get out the door in the morning, life can be a struggle. In our house, dinner is often made into lunch. When we cook, we batch cook.

I have to work to get in my veggies. At dinner, I will often serve two different kinds. I also keep frozen fruit and veggies on hand as well as fresh.

When cooking, I modify recipes by decreasing the amount of added fat, salt, or sugar. I grill, broil, steam, barbecue, or bake most dishes.

## ELLIE ARCHER

I learn something new about nutrition every day. I'm always reading and attempting to understand the best way to eat to give my body an advantage. How is this food affecting my spiritual and physical health, or my general performance in my activities? How do I feel physically when I eat this food? How do I feel spiritually when I consider where this food came from? How are my activities affected?

Animal proteins: A few times per month I eat eggs and fish, preferably plant eaters such as sardines. Ethical questions play a large role in my food choices. Fish have a low toxic load, but high protein and good oils, all of which they pass on. Predatory fish, such as salmon, are toxic. The test for my animal protein is this: How clean is the environment this animal came from?

What kind of life did this animal lead? My test for eggs is, what kind of life did the chicken who laid this egg lead? And what kind of environment did she live in? Was it clean? Was her food uncontaminated and free of chemicals?

Vegetables (both sea and land) and nuts play a large role in my diet. I choose solely organic vegetables for me and my family and make all of my breads, salsas, sauces, snacks, and meals from scratch. That is the only way I can know what I am feeding my body.

## JARI LOVE

As a mother, personal trainer, fitness instructor, and entrepreneur, I know how hard it is to stay fit and healthy while juggling the many other aspects of life. For me, it's all about knowing the right portion size and not overeating. I think where people go wrong these days is in how much they are eating, not what they're eating. I try and stay balanced and incorporate all the food groups into my daily meals. Eating five small meals a day helps me keep my metabolism going and gives me the energy I need. I always make sure to have lots of veggies, lean protein, healthy carbs, and water throughout the day. It's really important to eat first thing in the morning—especially if that's when you work out. Not only does eating first thing get your metabolism going, it also gives you the fuel you need to have an effective workout.

I am human, however, and I do have a cheat meal once a week. I'm like a lot of women and love chocolate, so rather than cut it out completely, I have chocolate as my cheat meal. It gives me something to look forward to and allows my body to take a break from all the clean eating. ➤

**ELLIE'S LOG:**

**MEAL ONE** Two egg whites and either oatmeal or quinoa porridge with a teaspoon of Agave sweetener. (Agave is low on the glycemic index). A pot of green tea and half a cup of coffee.

**MEAL TWO** Four to five walnuts, mint tea, and half a homemade mountain bar.

**MEAL THREE** A half slice of homemade low-acid health loaf. Glass of water and half a piece of fruit.

**MEAL FOUR** A small bowl of squash and carrot soup with organic tofu in it.

**MEAL FIVE** A can of sardines in olive oil, with a large salad and organic seaweed. Dipped rolled up seaweed filled with fish and greens in homemade Omega 3 oil salad dressing.

**MEAL SIX** Organic dulce and egg whites for a snack before bed. Sometimes for a treat, frozen organic Rice Cream or frozen organic yogurt with canned Saskatoon berries on top. Usually from my home stash. Chamomile tea with a little honey for a treat.

**SUPPLEMENTS**

*New Chapter Women's II organic multivitamins, liquid calcium/magnesium/VitD mixture. Liquid iron supplement. The tiny Bio K yogurt made with probiotics. Both Krill Oil (Wild Rose) and sardine oil capsules. "Mineral Supplements' for Active People" put out by New Chapter. Reishi, Oyster, Mitake mix for liver support and immune support.*



**SANDRA'S LOG:**

**MEAL ONE** (breakfast) Leftover breakfast skillet (lean ham, eggs, lower fat cheddar, cubed leftover baked potatoes, celery, and whatever leftover veggies we can get past our kids); one orange; eight-ounce cup of coffee with part-skim evaporated milk, sugar to taste.

**MEAL TWO** (snack) One homemade bran muffin (bananas, raisins, apple); half cup one-percent cottage cheese; half cup pineapple packed in juice.

**MEAL THREE** (lunch) Homemade pizza: Crust: two small whole-wheat tortillas (crusts are held together with a sprinkling of low-fat mozzarella/cheddar cheese); topping: pizza sauce, extra-lean ground beef, bell peppers, mushrooms, spices, low-fat mozzarella, low-fat cheddar; one pear; water.

**MEAL FOUR** (snack) Half a tuna sandwich on whole-wheat bread (water-packed tuna mixed with low-fat mayo and a chunky hot Jamaican sauce) Romaine lettuce; half cup carrots.

**MEAL FIVE** (dinner) Barbecued salmon (marinated with hubby's "secret" sauce); one cup brown rice; peas and carrots; water with lemon.



**JARI'S LOG:**

**MEAL ONE** (breakfast) One cup fat-free cottage cheese; one slice whole-grain toast; one cup blueberries with Splenda.

**MEAL TWO** (snack) One tuna meal; one apple.

**MEAL THREE** (lunch) Four-ounce chicken and veggie meal; two tablespoons low-fat dressing; two tablespoons salsa.

**MEAL FOUR** (snack) Protein shake with half berries mixed in water; add in one tablespoon of psyllium husk and flaxseed.

**MEAL FIVE** (dinner) Five-ounce filet of sole; one or two cups of mixed veggies; one tablespoon low-fat dressing.

*Jari always has water with every meal and enjoys the occasional diet root beer.*



### WENDY'S LOG:

**MEAL ONE** Half cup of oatmeal with low-fat organic soy milk; four egg whites with spinach and one tablespoon low-fat shredded cheese; one slice 100-per-cent whole-wheat toast; green tea, multivitamins, fish oil supplement.

**MEAL TWO** Half cup of apple with one tablespoon of organic, natural peanut butter; water.

**MEAL THREE** Five- to six-ounce chicken breast with one tablespoon of salsa; one cup broccoli, quarter cup yam or zucchini squash; water.

**MEAL FOUR** Half cup low-fat yogurt, small handful (ten) almonds; water.

**MEAL FIVE** One cup steamed mixed veggies (green); turkey patty (homemade burger, lean ground turkey) with tomato slice, onion, and mustard; two low-fat, low-carb rice cakes; water.

**MEAL SIX** Half cup low-fat cottage cheese sprinkled with cinnamon and one tablespoon dried cranberries, raisins, or seasonal berries; green tea.

### ANNETTE'S LOG:

**MEAL ONE** Half cup oatmeal; five egg whites; two salmon oil pills.

**MEAL TWO** Protein shake with half cup mixed berries mixed with water.

**MEAL THREE** Half cup cottage cheese; Half cucumber; Small handful unsalted almonds.

**MEAL FOUR** One can white tuna in water; one teaspoon low-fat mayo; mustard; one whole-wheat wrap; leafy greens.

**MEAL FIVE** Protein shake; two salmon oil pills.

**MEAL SIX** Five-ounce grilled chicken breast; one cup green beans; one small potato (with small teaspoon butter).

## Wendy's top tips for packing a smart lunch bag

Shop for an insulated lunch bag, with extra compartments large enough to carry at least six small containers plus extras. ■ Make sure you have extra food on you at all times. Carry an emergency banana and apple, two scoops of protein powder in a Ziploc bag or a low-carb, low-fat protein bar, one pack of crystal light, a small bag of unsalted almonds and a water bottle. Also bring your multivitamin bottle so that if you forget to take it in the morning you have no excuses later in the day. ■ Buy six small containers with lids. Re-heat your food in small Pyrex containers; they're lightweight and durable and great containers. ■ Always have a fork, spoon, and napkins for those messy times. Cold packs keep your food cold and safe to eat: leave one in the freezer and one in your lunch kit, and then switch every day.

## Sandra asks, "Are you going against the grain?"

According to the Canada Food Guide, an adult female should have at least six servings of grain products per day. Sadly, I often see the food journals of adult females who consume less than three grain servings per day. Three servings of grain products per day is the requirement for a two- to three-year-old child! ■ To be balanced, grains should be a part of your healthy nutrition regimen. As a source of fuel for the body, grains provide vitamins and minerals such as thiamin, riboflavin, niacin, iron, zinc, and magnesium. Grains are also a source of fibre, which not only keep us regular but aid in the fight against heart disease and diabetes. Don't let low-carb diets confuse the issue and seduce you away from sound nutrition. We gain weight because we eat too much. Stop blaming grains, and check your portions. ■ Grains are full of vitamins. ■ Thiamin helps the body process carbohydrates. ■ Riboflavin converts food into energy and helps in the production of red blood cells. ■ Niacin aids in digestion and converting food into energy. ■ Iron transports oxygen to the body via the red blood cells. ■ Zinc supports immune function, reproduction, and the nervous system. ■ Magnesium helps muscles and nerves function properly, steadies heart rhythm, maintains bone strength, and helps the body create and make proteins. ■

◀ See page 22 for recipes

