

Lana Cove

Life by the Shore

30-Day Clean Eating Reset

A Complete Guide to Nourishing Coastal Living

20+ Clean Recipes	4-Week Plan	Shopping Guides
Meal Prep Tips	Pantry Essentials	Maintenance Guide

Welcome to Your 30-Day Reset

This 30-day clean eating program is designed to reset your relationship with food. Over the next month, you'll gradually shift toward whole foods, natural ingredients, and cooking methods that fuel the body rather than deplete it. The reset isn't about restriction—it's about abundance: more energy, clearer thinking, better digestion, and genuine nourishment. Each week builds on the previous one, allowing the body and mind to adapt naturally. The structure provides daily guidance while remaining flexible enough to fit into a realistic, sustainable lifestyle. Whether cooking for one or feeding a family, these recipes scale easily and use ingredients you can find at any good grocery store or farmers market.

The Reset Principles

- Whole foods over processed ingredients
- Balanced meals with protein, healthy fats, and vegetables
- Hydration as a foundational practice
- Listening to hunger and fullness cues
- Preparing food mindfully and eating without distractions

Week 1: Foundation & Adjustment

Clearing out processed foods and establishing basic habits

Daily Guidance

- Day 1-2: Remove obvious processed foods. Focus on cooking at home.
- Day 3-4: Introduce simple breakfast routine. Prep ingredients for week.
- Day 5-7: Establish dinner rhythm. Note energy levels and digestion changes.

Meal Focus This Week

Simple, recognizable whole foods. Proteins: chicken, eggs, fish. Starches: rice, potatoes. Vegetables: fresh or frozen.

Week 2: Energy Shifts

Noticing increased energy and mental clarity

Daily Guidance

- Day 8-9: Add more variety to proteins. Experiment with different cooking methods.
- Day 10-11: Increase vegetable intake. Try new vegetables from farmers market.
- Day 12-14: Notice sleep improvements. Hydration becomes easier.

Meal Focus This Week

Add diversity. Include fish twice weekly. Introduce legumes and whole grains. More herb usage.

Week 3: Refinement & Intuition

Week 4: Integration & Sustainability

Creating habits that last beyond the reset

Daily Guidance

- Day 22-23: Evaluate favorite meals from past 3 weeks.
- Day 24-25: Plan for life after the reset. Choose keeper meals.
- Day 26-30: Celebrate progress. Document how body and mind feel.

Meal Focus This Week

Favorite discoveries. Building your personal clean eating foundation.

20+ Clean Eating Recipes

Breakfast

Herb Garden Egg Scramble

Servings: 2 | Prep: 5 min | Cook: 8 min

Ingredients	Instructions
4 eggs, 2 cups fresh spinach, ¼ cup fresh herbs (parsley, dill, chives), 1 tsp olive oil, salt and black pepper	Heat oil in a skillet over medium heat. Add spinach and herbs, sauté until wilted (2 min).

■ Tip: Prep vegetables the night before to make mornings faster. Add cheese if desired for more richness.

Coastal Fruit & Nut Bowl

Servings: 1 | Prep: 5 min | Cook: 0 min

Ingredients	Instructions
1 cup Greek yogurt, ½ cup berries, ¼ cup chopped almonds, 1 tbsp raw honey, 1 tsp chia seeds, 1 tsp vanilla extract	Layer yogurt in a bowl, top with berries, almonds, honey, and chia seeds. Drizzle with vanilla.

■ Tip: Use whatever berries are in season for best flavor and value. Add granola for more texture.

Sweet Potato Hash with Poached Egg

Servings: 2 | Prep: 10 min | Cook: 15 min

Ingredients	Instructions
1 medium sweet potato (diced), ½ red onion (diced), 2 sprigs kale, 2 eggs, 2 tsp olive oil, salt and black pepper	Heat oil in a skillet over medium heat. Add sweet potato and onion, sauté for 10 min. Add kale and eggs, cook until eggs are done.

■ Tip: Make a double batch and reheat portions throughout the week. Store in glass containers.

Lunch

Grilled Chicken & Roasted Vegetables

Servings: 2 | Prep: 15 min | Cook: 20 min

Ingredients	Instructions
2 chicken breasts, 2 cups mixed vegetables (broccoli, cauliflower, zucchini), 2 tbsp olive oil, salt and black pepper	Preheat grill to medium-high. Grill chicken for 10 min. Roast vegetables in a 400°F oven for 20 min.

■ Tip: Prep vegetables in advance. This meal keeps well for 3-4 days in the fridge.

Mediterranean Quinoa Salad

Servings: 2 | Prep: 10 min | Cook: 15 min (for quinoa)

Homemade Vegetable Chips

Servings: 4 | Prep: 10 min | Cook: 25 min

Ingredients	Instructions
2 medium beets (thinly sliced), 2 medium sweet potatoes (thinly sliced), 1 parsnip (thinly sliced), 2 tbsp olive oil, salt to taste	Preheat oven to 400°F. Toss vegetables with oil and salt. Spread on a parchment-lined baking sheet. Bake for 25 minutes, flipping halfway through. Cool and enjoy!

■ Tip: Store in airtight container for up to 5 days. Make several batches for the week.

Guacamole with Veggie Sticks

Servings: 2 | Prep: 10 min | Cook: 0 min

Ingredients	Instructions
2 ripe avocados, 1 lime, ¼ red onion (minced), 1 jalapeño (minced), 1 cup cherry tomatoes (halved), 1 cup cucumber (diced), 1 cup carrot sticks (diced)	Mash avocados with lime juice and salt. Mix in remaining ingredients. Serve with veggie sticks.

■ Tip: Add a spoonful of salsa for more flavor. Keep the avocado pit in guac if storing to prevent browning.

Almond Butter Energy Balls

Servings: 12 balls | Prep: 15 min | Cook: 0 min (plus chill time)

Ingredients	Instructions
1 cup natural almond butter, ½ cup raw honey, 1 cup rolled oats, ½ cup chia seeds, ¼ cup flaxseed meal, ¼ cup coconut flakes, ¼ cup mini chocolate chips	Mix all ingredients in a bowl. Roll into 12 balls. Chill in the fridge for 1 hour.

■ Tip: Make a large batch on Sunday for the week. Roll in extra coconut or cocoa for variety.

Shopping & Pantry Essentials

Pantry Essentials Checklist

Oils & Condiments

- Extra virgin olive oil
- Coconut oil
- Tamari or low-sodium soy sauce
- Apple cider vinegar
- Balsamic vinegar
- Raw honey

Grains & Legumes

- Brown rice
- Quinoa
- Oats (rolled)
- Lentils (red, brown)
- Canned chickpeas
- Sweet potatoes

Spices & Seasonings

- Sea salt
- Black pepper
- Garlic powder
- Paprika
- Cumin
- Cinnamon
- Dried herbs (thyme, oregano, rosemary)

Nuts & Seeds

- Raw almonds
- Walnuts
- Pumpkin seeds
- Sunflower seeds
- Raw almond butter
- Coconut flakes

Baking & Dry Goods

- Baking soda
- Raw honey
- Vanilla extract
- Unsweetened cocoa powder
- Whole grain flour

Sample Weekly Shopping Guide (Week 1)

Category	Items	Notes
Proteins	Eggs (1 dozen), Chicken breast (3 lbs), Cod fillets (1.5 lbs)	Buy on sale, freeze extras
Vegetables	Spinach, kale, broccoli, bell peppers, sweet potatoes, onion, garlic, asparagus	Onion, garlic, asparagus best prices
Fruits	Blueberries, apples, lemons, avocados	Berries freeze well
Grains	Brown rice (if needed), quinoa (if needed), oats	Buy in bulk if possible
Pantry	Olive oil (if needed), honey, nuts, seeds	These last multiple weeks

Meal Prep Strategies

Successful clean eating depends on preparation. Setting aside 2-3 hours on Sunday for meal prep prevents the scramble for convenient foods during the week. The following strategies work for most people:

Prep Proteins

Cook 2-3 proteins in bulk (grilled chicken, baked salmon, grass-fed ground beef). Portion into containers. Use throughout the week with different vegetables and grains.

Chop & Store Vegetables

Wash and cut vegetables immediately after shopping. Store in clear containers in the fridge. Prepped vegetables are far more likely to get eaten. Store hardy vegetables (carrots, broccoli) longer than delicate ones (leafy greens).

Cook Grains

Prepare quinoa, brown rice, or other grains in quantity. Store in separate containers. Mix with proteins and vegetables throughout the week.

Create Mix-and-Match Components

Think of meals as combinations: protein + grain + vegetable + sauce. By prepping components separately, you avoid eating Q Q q72579 cms riek.

Beyond Day 30: Sustainable Clean Eating

The reset ends on day 30, but the lifestyle doesn't have to. The goal is to establish eating patterns that feel natural and sustainable. What happens after the reset is as important as the reset itself.

Five Principles for Long-Term Success

- Keep it simple. The best diet is one that doesn't feel like a diet. Stick with the meals and recipes that became favorites.
- Add gradually, not all at once. After day 30, consider slowly reintroducing foods that were eliminated. Notice how the body responds.
- Maintain the foundation. Whatever clean eating looks like for each person, the foundation remains: whole foods, mindful preparation, regular cooking at home.
- Accept flexibility. Clean eating doesn't mean perfection. It's about making good choices most of the time while leaving room for life and enjoyment.
- Listen to the body. Pay attention to energy, digestion, sleep, and mood. The body provides clear feedback about what foods serve it well.

Final Thoughts

Clean eating is an act of self-respect. Each meal is an opportunity to nourish the body, fuel mental clarity, and honor the connection between food and wellbeing. The habits built over these 30 days create momentum that extends far beyond this month. The goal isn't restriction or perfection—it's learning what clean eating means for each unique body and building a sustainable relationship with food.