

# james duigan clean and lean diet plan

James Duigan Clean and Lean Diet Plan: A Path to Sustainable Health and Vitality

**james duigan clean and lean diet plan** has been making waves in the wellness community for its practical, wholesome approach to nutrition and fitness. Developed by James Duigan, a renowned health coach and founder of the Bodyism brand, this diet plan emphasizes clean eating, balanced macronutrients, and mindful habits that support not just weight loss but overall well-being. If you're curious about how to adopt a lifestyle that nurtures your body and energizes your mind, diving into James Duigan's philosophy can offer valuable insights.

## Understanding the Philosophy Behind the James Duigan Clean and Lean Diet Plan

At its core, the James Duigan clean and lean diet plan promotes eating whole, unprocessed foods while maintaining a balance of protein, fats, and carbohydrates. Unlike fad diets that often rely on extreme restrictions or quick fixes, this plan encourages a sustainable lifestyle change that fosters long-term health benefits.

James Duigan's approach is deeply rooted in the idea that nutrition should fuel your body optimally, making you feel energized and vibrant. The focus is on consuming nutrient-dense foods that support lean muscle growth and fat loss, alongside habits that encourage mindful eating and self-care.

## The Role of Clean Eating in the Plan

Clean eating is a fundamental principle in the clean and lean diet, meaning you prioritize natural ingredients and avoid processed foods, refined sugars, and artificial additives. This doesn't just improve your physical health but also helps stabilize blood sugar levels, reduce inflammation, and promote better digestion.

Examples of clean eating foods emphasized in the plan include:

- Fresh vegetables and fruits
- Lean proteins such as chicken, turkey, fish, and plant-based options
- Whole grains like quinoa, brown rice, and oats

- Healthy fats from sources like avocados, nuts, seeds, and olive oil

By focusing on these foods, you're likely to experience improved energy levels and a natural reduction in cravings for unhealthy snacks.

## Balancing Macronutrients for Lean Muscle and Fat Loss

The James Duigan clean and lean diet plan highlights the importance of balancing macronutrients to support your body composition goals. Protein intake is especially crucial, as it helps preserve lean muscle mass while promoting fat burning. Healthy fats and complex carbohydrates are also key players, providing sustained energy and supporting metabolic function.

For example, a typical meal might include grilled salmon (protein and healthy fats), quinoa (complex carbs), and steamed broccoli (fiber and micronutrients). Eating in this balanced manner prevents blood sugar spikes and keeps you feeling full longer, reducing the temptation to overeat.

## How to Implement the Clean and Lean Diet in Daily Life

Adopting the James Duigan clean and lean diet plan doesn't mean overhauling your entire lifestyle overnight. Instead, it's about making gradual changes that fit your routine and preferences.

## Meal Planning and Preparation Tips

One of the best ways to stay on track is by planning your meals ahead of time. This reduces the likelihood of reaching for processed or fast food when you're hungry. Here are some practical tips:

- **Batch cook proteins:** Prepare grilled chicken, baked fish, or boiled eggs in advance for quick meal assembly.
- **Keep fresh veggies ready:** Wash and chop vegetables so they're easy to toss into salads or stir-fries.
- **Use simple seasoning:** Herbs, spices, lemon juice, and olive oil can enhance flavor without adding unhealthy ingredients.

By making nutrient-rich foods readily available, you'll find it easier to stick with clean eating principles.

## **Incorporating Mindful Eating Habits**

James Duigan's plan also encourages mindfulness around food choices and eating patterns. This means paying attention to hunger and fullness cues, eating slowly, and savoring each bite. Mindful eating can prevent overeating and improve digestion by allowing your body to signal when it's had enough.

Try to eat without distractions such as screens or multitasking, and focus on the flavors and textures of your meal. This simple shift can transform your relationship with food and support your clean and lean goals.

## **Exercise and Lifestyle Complementing the Diet**

While nutrition is a cornerstone of the James Duigan clean and lean diet plan, physical activity and lifestyle habits play complementary roles. James Duigan, known for his work with celebrities and wellness enthusiasts, integrates movement and stress management into his overall approach to health.

## **The Importance of Strength Training**

To truly achieve a lean physique, combining clean eating with strength training is essential. Building muscle not only sculpts your body but also increases your resting metabolic rate, helping you burn more calories throughout the day.

James Duigan's fitness philosophy often includes resistance exercises using bodyweight, free weights, or resistance bands. Even short, consistent workouts that target major muscle groups can make a significant difference when paired with the clean and lean diet.

## **Stress Management and Sleep**

Beyond food and exercise, Duigan stresses the importance of managing stress and prioritizing quality sleep. Chronic stress and poor sleep can negatively impact hormones that regulate appetite and fat storage, potentially sabotaging your efforts.

Incorporating relaxation techniques such as meditation, deep breathing, or gentle yoga can support your body's natural balance. Likewise, aiming for 7-9 hours of restful sleep each night maximizes recovery and keeps energy levels stable.

# Customizing the James Duigan Clean and Lean Diet Plan for Your Needs

One of the reasons the clean and lean diet is so popular is its flexibility. It can be tailored to fit various dietary preferences, lifestyles, and fitness goals.

## Adaptations for Different Dietary Preferences

Whether you're vegetarian, vegan, or follow a gluten-free lifestyle, the core principles of clean eating and balanced macronutrients remain the same. Plant-based proteins like lentils, chickpeas, tofu, and tempeh can replace animal proteins while still providing essential amino acids.

For those sensitive to gluten, naturally gluten-free grains such as quinoa, millet, and buckwheat fit nicely into the plan. The emphasis on whole, minimally processed foods means you can easily modify meals to suit your individual needs.

## Adjusting Portion Sizes and Meal Frequency

Depending on your activity level, metabolism, and goals, portion sizes and meal frequency can be adjusted. Some may find success with three balanced meals per day, while others prefer smaller, more frequent meals to maintain energy and control hunger.

Listening to your body and experimenting with what feels best is key. The clean and lean diet plan encourages this intuitive approach rather than rigid rules.

## Why the James Duigan Clean and Lean Diet Plan Stands Out

What sets this diet apart from many others is its holistic view of health that goes beyond just what you eat. It combines nutritional wisdom with practical lifestyle advice, making it accessible and effective for people who want lasting change without deprivation or gimmicks.

Moreover, the plan's focus on real food, balanced macros, and mindful habits aligns well with current scientific understanding of sustainable weight management and metabolic health. It's no wonder that many followers report not only improved body composition but also enhanced mood, sleep quality, and overall vitality.

If you're looking for a diet that respects your body's needs and promotes a healthier lifestyle in a realistic way, exploring the James Duigan clean and lean diet plan could be a transformative step.

## **Frequently Asked Questions**

### **What is the James Duigan Clean and Lean diet plan?**

The James Duigan Clean and Lean diet plan is a nutrition program designed to promote fat loss, increase energy, and improve overall health by focusing on clean eating, whole foods, and balanced meals.

### **What types of foods are allowed on the Clean and Lean diet plan?**

The Clean and Lean diet emphasizes whole, unprocessed foods such as lean proteins, vegetables, fruits, nuts, seeds, and healthy fats, while avoiding processed foods, refined sugars, and artificial additives.

### **How does the Clean and Lean diet help with weight loss?**

The diet helps with weight loss by reducing calorie-dense, processed foods and focusing on nutrient-rich, low-calorie ingredients that support metabolism, reduce inflammation, and promote fat burning.

### **Can the Clean and Lean diet plan be customized for different dietary needs?**

Yes, the Clean and Lean diet plan is flexible and can be tailored to accommodate various dietary preferences such as vegetarian, vegan, gluten-free, or dairy-free options.

### **Is the Clean and Lean diet plan suitable for athletes or people who work out regularly?**

Yes, the diet provides balanced nutrition with adequate protein, healthy fats, and carbohydrates to support workout recovery, muscle growth, and sustained energy levels.

### **How long does it typically take to see results on the Clean and Lean diet plan?**

Many people begin to notice improvements in energy, digestion, and weight within 1 to 2 weeks, with more significant fat loss and fitness results typically appearing after 4 to 6 weeks.

## Are there any supplements recommended alongside the Clean and Lean diet?

While the focus is on whole foods, James Duigan sometimes recommends supplements like omega-3s, probiotics, or greens powders to support overall health, but these are optional and based on individual needs.

## Does the Clean and Lean diet plan include meal plans or recipes?

Yes, the program usually comes with meal plans and recipes that are simple, nutritious, and designed to make clean eating easy and enjoyable.

## Can the Clean and Lean diet plan improve skin health?

Yes, by eliminating processed foods and focusing on nutrient-dense ingredients rich in vitamins and antioxidants, the Clean and Lean diet can help improve skin clarity, reduce inflammation, and promote a healthy glow.

## Additional Resources

James Duigan Clean and Lean Diet Plan: A Detailed Exploration of Its Principles and Benefits

**james duigan clean and lean diet plan** has garnered significant attention in the health and wellness community, primarily due to its emphasis on clean eating and sustainable weight management. Developed by James Duigan, a renowned fitness expert and nutrition coach, this diet plan promises not only fat loss but also improved energy levels and overall well-being. This article delves into the core components of the Clean and Lean diet, evaluating its effectiveness, nutritional philosophy, and how it compares to other popular diet regimens.

## Understanding the Philosophy Behind the James Duigan Clean and Lean Diet Plan

At its core, the james duigan clean and lean diet plan is designed to promote a balanced approach to nutrition that avoids processed foods, excessive sugars, and unhealthy fats. Unlike restrictive fad diets, it encourages the consumption of whole, nutrient-dense foods, aiming to optimize metabolic function and support muscle tone.

James Duigan's approach centers on the concept that clean eating is not merely about calorie counting but about quality and timing of food intake. The plan integrates principles of portion control, macronutrient balance, and mindful eating, fostering sustainable habits rather than quick fixes.

# Core Components of the Clean and Lean Diet

The diet's foundation lies in several key features:

- **Whole Foods Focus:** Emphasis on vegetables, lean proteins, whole grains, and healthy fats.
- **Elimination of Processed Ingredients:** Avoidance of refined sugars, artificial additives, and trans fats.
- **Balanced Macronutrients:** Strategic intake of carbohydrates, proteins, and fats tailored to individual needs.
- **Meal Timing and Frequency:** Structured eating patterns to maintain energy and regulate appetite.
- **Hydration and Detoxification:** Encouragement to drink water and natural detox teas to support digestion.

These components work synergistically to reduce inflammation and stabilize blood sugar, which are critical factors in achieving lean body composition.

## Analyzing the Nutritional Structure and Effectiveness

The James Duigan Clean and Lean Diet plan differs from many calorie-restrictive diets by prioritizing nutrient density over mere calorie reduction. By focusing on clean, unprocessed foods, the diet ensures an adequate intake of vitamins, minerals, and antioxidants. This aspect can be particularly beneficial for individuals seeking to improve overall health alongside weight management.

Studies emphasize that diets rich in whole foods and low in processed sugars can improve metabolic markers such as insulin sensitivity and lipid profiles. The Clean and Lean diet aligns with these findings by limiting high-glycemic foods and encouraging fiber-rich vegetables and lean proteins.

## Macronutrient Balance and Its Role in Lean Muscle Maintenance

One of the distinguishing features of the plan is its emphasis on maintaining lean muscle mass while promoting fat loss. This is achieved by a moderate-to-high protein intake, which supports muscle repair and satiety. Healthy fats, particularly omega-3 fatty acids found in fish and nuts, are also integral, helping to reduce inflammation and support hormone balance.

Carbohydrates are not eliminated but carefully selected, favoring complex sources like sweet potatoes, quinoa, and brown rice. This approach helps prevent energy crashes and supports sustained physical activity.

## Comparing James Duigan's Clean and Lean Diet to Other Popular Diets

When placed alongside other dietary frameworks such as ketogenic, paleo, or intermittent fasting, the James Duigan Clean and Lean Diet plan offers a more flexible and less restrictive template. Unlike ketogenic diets that drastically reduce carbs or paleo diets that eliminate entire food groups, Clean and Lean encourages a balanced intake without severe limitations.

Moreover, compared to intermittent fasting, which focuses largely on timing, Duigan's plan integrates both timing and food quality, making it potentially more accessible to those who struggle with fasting protocols.

### Pros and Cons of the Clean and Lean Diet

- **Pros:**

- Encourages sustainable, long-term healthy eating habits.
- Focus on nutrient-dense, whole foods supports overall wellness.
- Flexible structure adaptable to different lifestyles and preferences.
- Emphasizes muscle preservation alongside fat loss.

- **Cons:**

- May require meal planning and preparation time, posing challenges for busy individuals.
- Less guidance on exact portion sizes could lead to inconsistent results.
- Not tailored for specific medical conditions without professional customization.



## **Implementation Strategies and Practical Tips**

For those considering adopting the James Duigan Clean and Lean diet plan, practical implementation is key to success. Starting with a grocery list that prioritizes fresh produce, lean meats, and whole grains can set the foundation. Preparing meals in advance and incorporating natural flavor enhancers such as herbs and spices helps maintain variety and enjoyment.

Duigan also emphasizes the importance of listening to one's body signals — eating when hungry and stopping when satisfied — to foster a healthy relationship with food. Additionally, combining the diet with regular physical activity enhances fat loss and muscle tone, complementing the nutritional strategy.

## **Integration with Lifestyle and Fitness Routines**

James Duigan, known for his holistic approach, integrates the Clean and Lean diet with fitness regimens that include resistance training and cardio. This synergy amplifies the diet's effectiveness by promoting muscle growth and metabolic health. For optimal results, consistency in both diet and exercise is encouraged.

## **Final Thoughts on the James Duigan Clean and Lean Diet Plan**

The James Duigan Clean and Lean diet plan positions itself as a balanced, health-oriented approach to nutrition that transcends mere weight loss. Its focus on whole foods, macronutrient balance, and sustainable habits aligns well with current nutritional science advocating for clean eating.

While it may not be a one-size-fits-all solution, especially for those with specific dietary restrictions or medical conditions, its flexibility and emphasis on quality make it a compelling option for individuals seeking to improve body composition and overall health. As with any diet, personal adaptation and professional guidance can enhance outcomes and ensure safety.

## **[James Duigan Clean And Lean Diet Plan](#)**

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**james duigan clean and lean diet plan: Clean and Lean Diet Cookbook** James Duigan, 2012 Continuing James Duigan's Clean & Lean philosophy, this inspirational new cookbook illustrates what you should be eating to keep your body in its best-ever shape. Starting with breakfasts to kick start your day the healthy way it takes you through lunch and dinner with ideas for quick, easy meals that won't impact on your waistline. With James's trademark 'Bad, better, best' columns there is also advice on the healthiest choices when eating out at a variety of locations from a romantic meal at your favourite Italian to your popping out to your local deli at lunchtime. A chapter of 'Cheat Meals' with ideas for your weekly indulgence also means you can eat well without feeling deprived of your favourite treats. Packed with personal recipes from James's celebrity clientele, this book will show you how to cook your way to staying Clean & Lean for good.

**james duigan clean and lean diet plan: Sweet Nothing** Nicole Mowbray, 2014-06-05 Quit sugar. Change your life. Two years ago Nicole Mowbray gave up sugar and the effects were astonishing. It changed her life, her body, her relationships, her face and her health. Now sugar is under fire and firmly in the dietary spotlight - the World Health Organisation have lowered the recommended daily intake and Britain's chief medical officer Dame Sally Davies has raised the idea that sugar may even be addictive. Nicole's book - part memoir, part guide - will help people to give up sugar. She interviews experts, including nutritionists, cardiologists, and psychologists, to back up the science and explore the link between sugar, validation and our emotions. Nicole shares with readers how she did it, why they should, what they can expect and how they can do it - with recipes, expert tips and help along the way. This book will tell you what to kick and what to keep and how not to fall into the secret sugar traps.

**james duigan clean and lean diet plan: Calories and Corsets** Louise Foxcroft, 2012-01-05 Today we are urged from all sides to slim down and shape up, to shed a few pounds or lose life-threatening stones. The media's relentless obsession with size may be perceived as a twenty-first-century phenomenon, but as award-winning historian Louise Foxcroft shows, we have been struggling with what to eat, when and how much, ever since the Greeks and the Romans first pinched an inch. Meticulously researched, surprising and sometimes shocking, *Calories and Corsets* tells the epic story of our complicated relationship with food, the fashions and fads of body shape, and how cultural beliefs and social norms have changed over time. Combining research from medical journals, letters, articles and the dieting bestsellers we continue to devour (including one by an octogenarian Italian in the sixteenth century), Foxcroft reveals the extreme and often absurd lengths people will go to in order to achieve the perfect body, from eating carbolic soap to chewing every morsel hundreds of times to a tasteless pulp. This unique and witty history exposes the myths and anxieties that drive today's multi-billion pound dieting industry - and offers a welcome perspective on how we can be healthy and happy in our bodies.

**james duigan clean and lean diet plan: Clean & Lean Diet** James Duigan, 2010-06-15 Shows you how in just 14 days to achieve a slimmer, more toned body through a combination of diet and maximum-impact exercises that are illustrated with step-by-step photography.

**james duigan clean and lean diet plan: Clean & Lean Diet** James Duigan, Maria Lally, 2013-05-16 Completely revised edition of the original bestselling book with: \* new cover and design throughout \* entirely new recipes and recipe photography \* new foreword by Elle Macpherson \* updated and expanded Bad, Better & Best columns \* new contributions from James' celebrity clients Divided into two sections, it explains first how to get 'Clean' by detoxing, and then how to get 'Lean' by honing your body through a combination of diet and maximum-impact exercises that are accompanied by step-by-step photography. With flexible meal plans, recipes, tips on avoiding the cravings that can lead you off track, advice on avoiding the toxic foods and drinks that prevent us losing weight and keeping it off, plus a maintenance plan that shows you how to maintain your new healthy lifestyle, James demonstrates that you, too, can be clean and lean for life.

**james duigan clean and lean diet plan: James Duigan's Blueprint for Health** James Duigan, 2017-11-07 From renowned celebrity trainer and author James Duigan comes his most

comprehensive well-being title yet! Expanding on his bestselling Clean & Lean approach, James Duigan's Blueprint for Health outlines his four fundamental pillars of health: nutrition, movement, mindset, and sleep. James explains and helps readers engage with the underlying philosophy, and shares 80 delicious recipes and empowering simple movement and mindset exercises. You'll eat, look, feel, and think better, and function at your highest level.

**james duigan clean and lean diet plan:** Clean & Lean Ian K. Smith, M.D., 2019-12-31

**james duigan clean and lean diet plan:** *Clean & Lean* Ian K. Smith, M.D., 2019-04-09 The Instant New York Times Bestseller Eat clean, get lean! Losing weight can be simple—get back to basics on your plate, harness the power of intermittent fasting for quick results, save time and money, and train your body to move, and the excess pounds will slip away. The bestselling author of SHRED and The Clean 20 cracks the code for all of us who live in the modern world where we've lost touch with what real food is—and how good it tastes—and what our bodies are designed to do. Dr. Ian wrote Clean & Lean to put what he knows about nutrition and physiology in one place, and to motivate you to: --Use intermittent fasting to discover your optimal eating times each day --Explore clean eating with 30 (!) fresh, real foods that you can combine endlessly for meals and snacks --Try his day-by-day 30-day diet plan that tells you just what to eat, while still giving you loads of options --Get up and move: customized exercise plans for all fitness levels won't wear you out, but will energize you and accelerate your results --Take off up to 15 pounds in 30 days!

**james duigan clean and lean diet plan:** *Eat Clean, Stay Lean: The Diet* Editors Of Prevention Magazine, Wendy Bazilian, Marygrace Taylor, 2016-12-20 The easiest way to get slim, healthy, and happy You've seen it in magazines and all over the Internet: clean eating, the super easy and delicious way to slim down and achieve better health. Clean eating offers you a more sustainable and nourishing way to eat—without skimping on flavor or leaving you hungry. And now, you can take clean eating to a new level with the next book in Prevention magazine's Eat Clean series: *Eat Clean, Stay Lean: The Diet*. This book will teach you to leverage clean eating—instead of counting calories, going carb-free, or adopting restrictive habits—to help you lose weight while still enjoying life. Choose the easy 3-week plan or stick with the program longer, as *Eat Clean, Stay Lean: The Diet* helps you customize clean eating to fit your individual needs, deliciously. The 70 clean and tasty recipes will keep you satisfied and on track with your weight-loss goals. These meals, combined with exercise tips and advice on removing everyday, metabolism-messing toxins from your home and personal care products, will help you adopt a cleaner overall lifestyle. Now, clean eating and losing weight are easier—and more rewarding—than ever before.

**james duigan clean and lean diet plan:** *Clean and Lean for Life* James Duigan, 2017-01-05 If you want to eat well, you need to learn to cook well - but it needn't be as hard or as complicated as you think. In *Clean and Lean for Life: The Cookbook*, James Duigan helps you every step of the way with mouthwatering recipes and cookery tips that will have you whizzing up nutritious meals in minutes, whatever your budget or lifestyle. For years, James has advocated cutting out sugar, avoiding alcohol and eating 'good' fats - advice that has now become mainstream. With tips on avoiding the cravings that can lead you off track, and on whether to use microwaves, whether it's worth getting a spiralizer or Nutribullet, plus inspiring ideas on how to maintain your new healthy lifestyle, James demonstrates that you, too, can be Clean and Lean for life.

**james duigan clean and lean diet plan:** Lustful Appetites Rachel Hope Cleves, 2024-11-18 We take the edible trappings of flirtation for granted: chocolate covered strawberries and romance, oysters on the half shell and desire, the eggplant emoji and a suggestive wink. But why does it feel so natural for us to link food and sexual pleasure? Rachel Hope Cleves explores the long association between indulging in good food and an appetite for naughty sex, from the development of the Parisian restaurant as a place for men to meet with prostitutes and mistresses, to the role of sexual outlaws like bohemians, new women, lesbians and gay men in creating epicurean culture in Britain and the United States. Taking readers on a gastronomic journey from Paris and London to New York, Chicago and San Francisco, *Lustful Appetites* reveals how this preoccupation changed the ways we eat and the ways we are intimate—while also creating stigmas that persist well into our own

twenty-first century.

**james duigan clean and lean diet plan:** *Clean and Lean* Edward Burnett, 2019-04-25 If you are done dieting and want to learn how to create habits that last a lifetime, I think then you are in the right place. This proven system will help you build foundation of your health, one step at a time . You'll lean out, shed pounds, restore your energy and get glowing skin.From it: Losing weight can be simple—get back to basics on your plate, save money and time, and train your body to move, also excess pounds will very slip away.In this cookbook, you will discover...Step by step instructionsTasty and easy to follow recipesSome ways to maintain your dietCLEAN EATING SHOPPING LIST 7 Golden Rules of Clean & Lean Eating14 Day Clean & Lean Diet Plan

**james duigan clean and lean diet plan:** *Clean Eating for Beginners* Pamela Stevens, 2016-06-27 Now, before we go on, let's at least define 'clean eating' in general terms as it is most commonly used, as well as the alternative, known as 'flexible dieting'. That taken, let me start this way to define 'Clean eating' first, and the best way to do that is to know that clean eating is a choice you make. I mean a choice to put only the healthiest and most nutrient compact foods into your body. That also means, by implication that you will do everything possible to avoid all processed foods of all kinds. That also will mean, you make a choice to cooking from scratch as essential. In fact, that means, if you can't identify it as an ingredient you would cook with in your own kitchen ... then you will skip it, and not eat it! In short, to put succinctly, clean eating is making every effort to avoid all processed food wherever and whenever and limiting once self to eating only unprocessed.... But Flexible dieting, on the other hand, does not limit the types of food one can eat, but restricts the measure of foods based on one's specific body configuration, physical activity, and vitality demand. So here are some of the misinformation about Clean eating that the book, *Clean Eating for beginners: The Best and Easy Clean Eating Diet plan for Weight loss* including some special Delicious clean eating recipes for the family with the goal of eating clean! clears up: *Clean Eating and the Glycemic Index* *Clean Eating with Heart Healthy Recipes* *Clean Eating to Lose Weight with Atkins Diet Plan* *The Clean Eaters' Atkins Diet Food List You'll Ever Need!* *Healthy Meal Plans for Enhanced Clean Eating Diet style* Therefore, get the book today and start to learn how to kick-start your clean eating diet plans in thw way that will guarantee you lose weight without having any feeling of being constraint!

**james duigan clean and lean diet plan:** *Clean and Lean for Life - the Cookbook* James Duigan, Maria Lally, 2015 If you want to eat well, you need to learn to cook well - but it needn't be as hard or as complicated as you think. In *Clean & Lean for Life: The Cookbook*, James Duigan helps you every step of the way with mouthwatering recipes and cookery tips that will have you whizzing up nutritious meals in minutes, whatever your budget or lifestyle. For years, James has advocated cutting out sugar, avoiding alcohol and eating 'good' fats advice that has now become mainstream. With advice on avoiding the cravings that can lead you off track, and on whether to use microwaves, whether it's worth getting a spiralizer or Nutribullet, plus inspiring tips on how to maintain your new healthy lifestyle, James demonstrates that you, too, can be Clean and Lean for life.

**james duigan clean and lean diet plan:** *The 14 Day Get Lean Diet* Gregg Avedon, 2012-03 Designed for both men and women, *The 14 Day Get Lean Diet* isn't just any nutrition book. What's great is how simple Gregg Avedon makes it. You will gain access into Avedon's personal nutrition plan and discover how he maintains his best year-round. Plus follow exactly what he does to get ready for a photo shoot so you can also be your best for any event (a cruise, reunion, vacation, wedding, physique contest, photo shoot...anything!) and need to look your absolute best. Included is his personal 14 day food journal so you can follow every day from the moment he wakes until going to bed. Avedon also offers a reduced calorie food journal for women and anyone weighing under 175 pounds who require less food. Each day is laid out in full detail. You'll discover how simple he structures this personal diet plan and the exact supplements that he takes, including recommendations and personal favorites that will help you achieve amazing results! Along with that, you also get a simple recipe guide that covers the prepared foods in *The 14 Day Get Lean Diet*, plus a grocery list to make it easy for you when shopping for food. Plus tons of helpful tips to help keep

you on track. If you are looking for a simple easy-to-follow plan that will help create the healthy look and lifestyle you have always wanted, this is it!

**james duigan clean and lean diet plan:** Lean & Green Diet Cooking Plan You Needed Dwayne Copson, 2021-06-02 \*\*\* 55% discount for bookstores! now at \$25.95 instead of \$36.95 \*\*\* Are you serious about losing weight, stay fit or eat clean? Tired of diet plans that promise results but require an immense amount of time and effort to plan, prep meals and count calories? Have you tried any dietary measures or weight loss tips with little or no success? Your customers will never stop using this great cookbook! The Lean and green diet focused on making changes in your diet plan that will keep you healthy and increase the metabolism of your body. This diet is very simple and easy to follow. People that follow the Lean and green diet can eat 1000 to 1500 kcal meals in one month. The Lean and Green diet allows you to eat good food that will fill you up and keep you satiated. It will enable you to eat your favorite food while losing weight rapidly. With recipes that concentrate a lot on fish, vegetables and lean meats, The Lean and Green Diet is something that is perfect for anyone watching their weight or seeking to reduce it. It will teach you how to prepare the right portion sizes based on the daily calories your body needs. So what are you waiting for? Get a copy and read every recipe therein!

**james duigan clean and lean diet plan:** *Step by Step Guide to the Clean Eating Diet* Dr. W. Ness, 2020-02-03 Step by Step Guide to the Clean Eating Diet: Beginners Guide and 7-Day Meal Plan for the Clean Eating Diet, is a comprehensive guidebook and meal plan for those wanting to utilize the weight management and maintenance potentials of the clean eating diet. A must read for anyone concerned about how to calculate nutrient requirements, what their required macros are, what foods they should be eating, how they can cook healthy meals and still manage their body weight on the popular clean eating diet. Inside this in-depth clean eating diet guide you will discover: What the Clean Eating Diet is. How the Clean Eating Diet Works. What Foods You Can Eat on the Clean Eating Diet. What Foods You Should Avoid on the Clean Eating Diet. Health Benefits of Following the Clean Eating Diet. A Full 7-Day Clean Eating Diet Meal Plan. How Balanced Nutrition can Help with Weight Management. And so Much More... Step by Step Guide to the Clean Eating Diet: Beginners Guide and 7-Day Meal Plan for the Clean Eating Diet, really is a must have to help you understand the what, why and how of the incredible clean eating diet and to help you manage your body weight following this amazing diet tailored to your specific dietary needs and requirements allowing you to maintain and manage your body weight long-term.

**james duigan clean and lean diet plan:** **Summary of Clean & Lean by Ian K. Smith M.D.** Dependable Publishing, 2019-05-17 - LOSING WEIGHT MADE SIMPLE, EASY AND FUN FOR YOU! - LEARN HOW YOU CAN USE INTERMITTENT FASTING TO ACHIEVE GOOD HEALTH! - INCLUDES FRESH AND DELICIOUS FOOD CHOICES RECOMMENDED FOR YOU! - INCLUDES AN EASY DIET PLAN THAT STILL ALLOWS YOU TO ENJOY REAL FOOD OPTIONS! - INCLUDES AN EASY AND FUN EXERCISE PLAN THAT SUITS YOUR FITNESS LEVEL! CLEAN & LEAN: 30 DAYS, 30 FOODS, A NEW YOU!, by Ian K. Smith M.D., is an excellent step-by-step plan for successfully losing weight and achieving your best health. The book (i) beautifully explains intermediate fasting; (ii) provides a 30-day-eating plan that is easy and really works; (iii) provides an easy peasy, fun exercise plan that is sure to energize you, but not exhaust you; (iv) provides a food list of delicious foods (not the typical drab diet foods); (v) provides a scrumptious, healthy, snacks guide; (vi) and provides some wonderful condiment recipes! This is a very well-written summary and guide to the book. Indeed, this book will show you how you can easily learn to retrain your taste buds and begin to eat clean, healthy foods again so you can quickly shed those pounds! This book is easy to read and understand and its recommendations are easy to implement. So don't even think about procrastinating! Get started right away! BUY THIS BOOK NOW!

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