

Marcelle Pick's

*Eat This, Not That: A Helpful Guide for
Effective Fat Burning*



THE ULTIMATE FAT BURNING FOOD SWAP GUIDE

60+ Clean Food Swaps | 5 Fat-Burning Recipes | 7-Day Clean
Eating Plan | Pantry Detox | Grocery List

How to Use This Guide

This guide is designed to help you:

- Burn fat naturally without extreme diets
- Reduce inflammation
- Avoid hidden ingredients (especially seed oils)
- Make simple, effective food swaps



Eat This, Not That: Clean Food Swaps

Breakfast Swaps

Eat This

- Eggs + avocado toast (sprouted grain)
- Greek yogurt + berries + chia
- Protein smoothie (greens, berries, almond milk)
- Steel-cut oats + almond butter + banana
- Chia pudding + cinnamon + coconut milk

Not That

- Bagel with cream cheese
- Flavored yogurt with granola
- Store-bought smoothie
- Instant flavored oatmeal
- Muffins or sweet pastries

Why It Works

- Healthy fats & protein keep you full longer
- Less sugar, more fiber and protein
- Homemade = less sugar, no additives
- Slow-digesting carbs prevent crashes
- High fiber + healthy fats fuel fat burn



Eat This, Not That: Clean Food Swaps

Lunch Swaps

Eat This

- Grilled chicken salad + olive oil
- Turkey lettuce wraps + hummus
- Quinoa + roasted veggies + salmon
- Lentil soup + steamed greens
- Chicken bowl + avocado, beans, greens

Not That

- Deli sandwich + chips
- Wraps with white flour
- Pasta salad with mayo
- Cream-based soup + bread
- Burrito or fried tacos

Why It Works

- More nutrients, fewer refined carbs
- Low-carb, high-protein, seed oil-free
- Anti-inflammatory and omega-3-rich
- Fiber-rich and satisfying
- Balanced meal without the bloat



Eat This, Not That: Clean Food Swaps

Dinner Swaps

Eat This

- Stir-fry veggies + shrimp + coconut oil
- Zoodles + turkey meatballs + marinara
- Grilled salmon + roasted broccoli
- Grass-fed steak + sweet potato
- Sheet pan chicken + veggies

Not That

- Takeout noodles
- Pasta with cream sauce
- Fried fish or breaded meat
- Steak fries + white bread
- Frozen pizza or TV dinner

Why It Works

- Clean oil, no sugar-laden sauces
- Fewer carbs, more protein
- Omega-3s fight inflammation
- Slow carbs fuel metabolism
- Homemade = fewer chemicals, no seed oils



Eat This, Not That: Clean Food Swaps

Snack Swaps

Eat This

- Almonds or walnuts
- Greek yogurt + cinnamon
- Veggies + guac or hummus
- Air-popped popcorn + olive oil spray
- Apple slices + almond butter

Not That

- Chips or crackers
- Candy bar or sugary granola
- Cheese dip or processed snacks
- Movie popcorn with butter
- Pastries or mini muffins

Why It Works

- Healthy fats help burn belly fat
- Protein + probiotics curb cravings
- Whole food fiber, no preservatives
- Low calorie, clean fat
- Satisfying & energizing without sugar crash



Eat This, Not That: Clean Food Swaps

Drink Swaps

Eat This

- Water with lemon or berries
- Green tea or matcha
- Black coffee or with almond milk
- Sparkling water with lime
- Homemade electrolyte water

Not That

- Soda or juice
- Sweetened iced tea
- Flavored lattes
- Diet soda
- Gatorade or sports drinks

Why It Works

- Hydration without sugar
- Boosts metabolism
- Avoids sugar spikes
- No artificial sweeteners
- Natural minerals without chemicals



Eat This, Not That: Clean Food Swaps

Dessert Swaps

Eat This

- Dark chocolate (70%+)
- Frozen banana "nice cream"
- Baked apple + cinnamon
- Coconut milk chia pudding
- Frozen yogurt bark with berries

Not That

- Milk chocolate bar
- Ice cream
- Apple pie
- Store-bought pudding
- Cake or pastries

Why It Works

- Less sugar, more antioxidants
- No dairy, no added sugar
- Same flavor, fewer calories
- Clean ingredients, fiber-rich
- Light and naturally sweet



The Seed Oil Detox

Common Seed Oils to Avoid:

- Canola oil
- Soybean oil
- Sunflower oil
- Safflower oil
- Corn oil
- Cottonseed oil
- Vegetable oil blends

Clean Oils to Use:

- Extra virgin olive oil
- Avocado oil
- Coconut oil
- Grass-fed butter or ghee
- Beef tallow (for high heat cooking)

How to Avoid Seed Oils:

- Read ingredient labels (even on “healthy” foods)
- Make your own salad dressings, sauces, and dips
- Ask restaurants what oils they cook with
- Replace condiments with seed-oil-free brands (e.g., Primal Kitchen, Chosen Foods)



Pantry Detox Checklist

Toss if it contains:

- Canola, soybean, or sunflower oil
- Artificial flavors or preservatives
- Refined sugars and syrups



Replace with:

- Coconut or avocado oil
- Cold-pressed olive oil
- Raw nuts and seeds
- Organic sauces and seasonings



Smart Grocery List

Proteins

- Chicken, turkey, salmon
- Grass-fed beef
- Tofu, tempeh
- Eggs

Carbs

- Sweet potatoes
- Quinoa, brown rice
- Rolled oats
- Lentils and beans

Fats

- Avocados
- Olive, coconut, avocado oil
- Raw nuts and nut butters

Veggies & Greens

- Sweet potatoes
- Quinoa, brown rice
- Rolled oats
- Lentils and beans

Snacks

- Seaweed snacks
- Greek yogurt
- Chia seed pudding
- Almonds and cashews



5 Fat-Burning Recipes

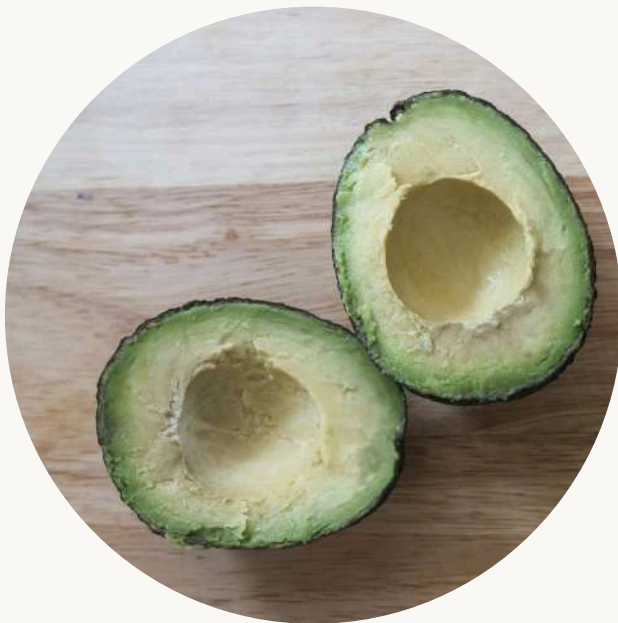
Zesty Avocado Dressing

Ingredients:

- 1 avocado
- 2 tbsp olive oil
- Juice of 1 lemon
- 1 garlic clove
- Salt & pepper

Instructions:

Blend all ingredients until smooth. Use on salads, bowls, or as a dip.



5 Fat-Burning Recipes

Coconut Oil Veggie Stir-Fry Bowl

Ingredients:

- 1 tbsp coconut oil
- Mixed veggies (broccoli, bell peppers, carrots)
- ½ cup grilled chicken or tofu
- Coconut aminos



Instructions:

Stir-fry veggies in coconut oil, add protein, and splash with coconut aminos.



5 Fat-Burning Recipes

No-Bake Chia Energy Bites

Ingredients:

- ½ cup almond butter
- 1 cup rolled oats
- ¼ cup chia seeds
- 2 tbsp honey
- Cinnamon
- Optional: dark chocolate chips



Instructions:

Mix ingredients, roll into balls, chill for 30 minutes.



5 Fat-Burning Recipes

Salmon & Greens Sheet Pan Dinner

Ingredients:

- 1 salmon fillet
- 1 cup broccoli or asparagus
- Olive oil, lemon, garlic



Instructions:

Bake at 375°F for 15–20 minutes. Serve hot.



5 Fat-Burning Recipes

Frozen Yogurt Bark

Ingredients:

- 1 cup Greek yogurt
- ½ cup fresh berries
- 1 tbsp honey

Instructions:

Spread yogurt on parchment, sprinkle berries and drizzle honey. Freeze, break into pieces.



7-Day Clean Eating Starter Plan

Day 1:

- Breakfast: Eggs + spinach + avocado toast
- Lunch: Chicken salad with olive oil dressing
- Snack: Chia pudding
- Dinner: Grilled salmon + broccoli + quinoa

Days 2-7

Repeat similar structure with swaps from this guide!

Keep oils clean, avoid processed snacks, hydrate with lemon water or green tea.



Final Thoughts

- You don't have to be perfect — just consistent.
- Start with 1 or 2 swaps and build momentum.
- Your body will thank you for choosing clean fuel.

