



CLEAN EATING LIST

vegetables

fresh first, frozen second

Arugula
Asparagus
Avocado
Beets
Bell Pepper (organic)
Bok Choy
Broccoli
Brussels Sprouts

Butternut Squash
Cabbage
Carrots
Cauliflower
Celery (organic)
Chives
Cilantro
Collard Greens

Corn
Cucumber (organic)
Egg Plant
Green Beans
Kale
Leaf Lettuce
Mushrooms

Mustard Green
Parsley
Pumpkin
Onions
Spaghetti Squash
Spinach (organic)
Sprouts
Sweet Peas

Sweet Potato
Swiss Chard
Turmeric Root
Turnip and turnip greens
Watercress
Yellow Squash
Zucchini

fruits

fresh first, frozen second

Apples (organic)
Avocados
Bananas
Blackberries
Blueberries
Cherries (organic)
Coconut
Grapefruit
Grapes (organic)

Guava
Kiwi
Lemon
Mango
Nectarines (organic)
Orange
Papaya
Peaches (organic)

Pears
Pineapple
Pomogranates
Raspberries
Strawberries (organic)
Tomatoes (organic)

nuts

Almond butter
Almonds
Brazilian Nuts
Cashew Butter
Cashews
Chia Seeds
Flax Seeds (ground)
Hazelnuts
Hemp Seeds

Peanuts
Peanut Butter, natural
Pecans
Pine Nuts
Pistachios
Sunflower Butter
Sunflower Seeds
Walnuts

grains

Amaranth
Buckwheat
Coconut Flour
Farro
Rice
Kamut
Millet

Quinoa
Sorghum
Spelt
Steel Cut Oats
Wild Rice
Wheat Flour

beans

rinse if canned

Black Beans
Canelini Beans
Chickpeas
Edamame
Fava Beans
Hummus

Kidney Beans
Lentils
Pinto Beans
Split Peas

protein

Bacon, uncured, nitrate free
Beef, Hormone Free
Eggs, Antibiotic Free
Chicken, Cage Free
Greek Yogurt
Feta, cheddar cheese

Pork
Turkey
White Fish
Wild Salmon
Wild Game
Mozzarella, goat cheese

drinks

Water, purified
Mineral Water, no added sweeteners
Coconut water/milk
Organic milk

Kombucha
Tea, herbal, white, green
Coffee
Unsweetend
Almond Milk

extras

OILS AND FATS
Extra Virgin Olive Oil
Coconut Oil
Butter, grass fed cows
Ghee
Avocado Oil

SWEETNERS
Coconut Flakes
Dates
Dark Chocolate (70% or more)
Pure Raw Maple Syrup
Raw Honey
Stevia

SPICES
Cinnamon
Curry Powder
Ginger
Garlic
Nutmeg
Turmeric

SPICES
Saffron
Cumin
Sea Salt
Pepper

EXTRAS
Vegetable Broth
Beef Broth
Chicken Broth
Organic Half n Half
Balsamic Vinegar
Apple Cider Vinegar
Dijon Mustard