

CLEAN EATING LIST!

Dairy

Milk: Choose local or organic and full fat is good. **Remember!** The lower the fat the more processed.

Cheese: Use in moderation because of the higher fat count and always try to find it locally. **Remember!** Natural cheese is best because of the least amount of additives. Stray away from prepacked/ shredded cheeses. Pre-shredded cheese is full of anti-caking agents. Buy a brick of cheese and shred it yourself!

Yogurt: *Avoid fat free or reduced fat* and always use plain whether it is Greek or regular. Sweeten it up with maple, honey, or any fresh fruit.

Cottage Cheese: Look for an organic or more natural brand, and always choose full fat. **NO FAT FREE!**

Dairy Alternatives

Unsweetened Soy, Rice, or Almond Milk

Unsweetened Coconut Milk: Canned is best. Give *Thai Kitchen* brand a try!

Proteins/Meats ** Organic, local and all natural is key!

Poultry: Boneless and skinless

Eggs: Free range is always a good option. Separate them out if you only want the egg whites. **REMEMBER!** The yolk contains most of the nutrients in the egg so eat that too!

Beef: Grass fed is important. If you can, go directly to a butcher or farmer you're familiar with for best product.

Pork: Pick a high quality cut (Pork chop, pork loin). Processed pork such as Canadian bacon, hot dogs, and some cuts of ham are not "clean".

Fresh Sausage: Choose one that has no additives

Fish: Most fish is clean. Wild caught is best but always remember to be mindful of the mercury in specific fish.

Tofu: Use organic if possible.

Leafy Greens

Green/Purple Cabbage	Lola Rosa
Bok Choy	Mache
Butter/Boston	Mizuna
Chard (red, green, rainbow)	Mustard Greens
Chervil	Red & Green Oak
Cilantro	Italian Parsley
Collards	Pea Greens
Dandelion	Radicchio
Dill	Red & Green Romaine
Endive	Red Tango
Escarole	Tat Sai
Frisee	Watercress
Iceberg	Green & Red Leaf
Kale	

Fruits & Vegetables

Artichoke	Oranges	Jackfruit
Asparagus	Kiwi	Cherimoya
Broccoli	Pineapple	Horned
Carrots	Strawberries	Plantains
Cauliflower	Cherries	Durian
Celery	Blueberries	Ugli Fruit
Cucumbers	Raspberries	Pomelo
Bell Peppers	Melon	Nectarines
Brussel Sprouts	Mandarin	Lemons
Green Beans	Star Fruit	Limes
Eggplant	Passion Fruit	Papaya
Garlic	Dragon Fruit	Apricots
Ginger	Cantaloupe	Dried Fruits
Mushrooms	Jalapeno	Jackfruit
Potatoes & Sweet Potatoes	Cranberries	Cherimoya
Okra	Peaches	Horned
Onions	Mango	Plantains
Parsnips	Kumquat	Durian
Winter Squash	Pomegranate	Ugli Fruit
Shelling & Snap Peas	Persimmons	Pomelo
Peppers	Prickly Pear	Nectarines
Tomatoes	Grapefruit	Figs

Avocado	Plum	Cherimoya
Rambutan	Apples	Jackfruit
Banana	Olives	Figs
Watermelon	Pears	Grapes

Healthy Fats/ Nuts & Seeds/ Nut Butters

Almond Oil	Pumpkin Seeds	Peanut Butter
Avocado Oil	Flax Seeds	Sunflower Seed Butter
Avocado	Poppy Seeds	Pumpkin Seed Butter
Flaxseed Oil	Macadamia Nuts	Tahini
Olives	Hazelnuts	Pepitas
Olive Oil	Pistachios	Water Chestnuts
Sesame Oil	Hemp Seeds	Almond Butter
Coconut Oil	Cashews	Cashew Butters
Unrefined Walnut Oil	Pine Nuts	Brazil Nuts
Unrefined Sunflower Oil	Chia Seeds	Coconut
Almonds	Pecans	Walnuts
Sunflower Seeds		

Beans & Legumes

Peanuts	Great Northern Beans
Lentils	Red Beans
Lupins	Fava Beans
Mung Beans	Edamame
Red Beans	Pinto Beans
Navy Beans	Lima Beans
Split Peas	Black Eyes Peas
Cow Peas	Adzuki Beans
Garbanzo Beans	Cranberry Beans
Black Beans	Anasazi Beans
White Beans	Kidney Beans

Whole Grains

Amaranth	Black Rice	Brown Rice	Red Quinoa
Barley	Himalayan Red Rice	Semolina	Black Quinoa
Rye	Wehani Rice	Sorghun	Old Fashioned Oats
Buckwheat	Whole Wheat	Spelt	Steel Cut Oats
Bulgur	Corn	Triticale	Basmati Rice
Kamut	Emmer	Couscous	Wild Rice
Kaniwa	Einkorn Teff	Wheat Germ	Farro
Millet			

Sea Vegetables

Sea Lettuce
Nori
Kelp
Dulse
Agar-Agar
Spirulina
Arume
Hijiki Kombu
Wakame

Sweeteners/Spices

Agave Nectar	Black Coffee
Whole Stevia Leaves	Green Tea
Coconut Palm Sugar	Herbal Tea
Honey	Baking Powder
Maple Syrup	Backing Soda
Fresh Fruit	Brown Sugar
Dehydrated Fruit	Cocoa Powder
Vanilla Extract	Nutritional Yeast
Raw Cacao Nibs	Dark Chocolate
Coconut Flakes	

Condiments

Apple Cider Vinegar	Balsamic Vinaigrette	Local Honey	Mustard (yellow or Dijon)
Pure Maple Syrup	Red Wine Vinegar	Coconut Aminos	Pam Olive Oil cooking spray
Salsa	Sea Salt	Tomato Paste	Chicken, beef stock
White Vinegar	Rice Wine Vinegar	Sesame Oil	Unsweetened Applesauce
Lemon/Lime Juice			