



~CLEAN EATING LIST~

Fruits~Apricots, Apples, Avocado, Bananas, Blackberries, Blueberries, Cantaloupe, Watermelon, Cherries, Cranberries, Grapefruit, Honeydew Melon, Kiwi, Peaches, Mango, Oranges, Pears, Pineapple, Raspberries, Starfruit, Tomatoes, and Strawberries.

Veggies~ Artichoke, Arugula, Asparagus, Black beans, Navy beans, Kidney beans, Pinto beans, Beets, All bell peppers, Broccoli, Brussel sprouts, Cabbage, Celery, Cauliflower, Collard greens, Cucumbers, Eggplant,

Edamame, Garlic, Ginger, Onions, Kale, Mushrooms, Lentils, Pumpkin, Lettuce, Spinach, Squash, Sweet potatoes, Turnips and Zucchini

Meats~ Lean Beef, Chicken, Pork, Shrimp, Salmon, Eggs, Turkey, Sirloin steak, Cod, Tilapia, Tofu and Venison.

Nuts/Seeds/Oils/Butters~ Almonds, Macadamia nuts, Brazil nuts, Peanut butter, Cashews, All natural butter, Coconut oil, Chia seeds, Flaxseed, Sunflower seeds, pumpkin seeds, and extra virgin olive oil, pecans, walnuts

Grains~ Brown rice, Couscous, Ezekiel, Oatmeal, Quinoa, Whole grain bread, pasta, pita, wraps

Dairy~ Unsweetened almond milk, Cashew milk, Coconut milk, Cottage cheese, Greek yogurt, heavy whipping cream, Full fat sour cream, Greek yogurt cream cheese, Assorted cheeses

Canned goods~ Chickpeas, Kidney beans, Navy Beans, Pinto Beans, Chicken stock, Beef Stock, Tuna, Canned chicken, Green beans, Carrots, Peas

Condiments/Miscellaneous~ Whey protein, Apple cider vinegar, balsamic vinegar, Mustard, Reduced sugar ketchup, Pure maple syrup, Honey, Red wine vinegar, Sea salt, Pepper, Tomato paste, Hummus, Salsa, Fresh herbs (Basil, thyme, etc) Lemons, limes

Supplements~ Omega 3 fatty acids, Fish oil, Evening Primrose oil, Multivitamin, Calcium, Magnesium, B12, Creatine, Turmeric



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