CLEAN EATING CHEAT SHEET

Clean Fifteen vs Dirty Dozen

Doesn't Have to be Organic

1. Avocados
2. Asparagus
3. Broccoli
4. Cabbage
5. Cantaloupe
6. Cauliflower
7. Eggplant
8. Frozen Sweet Peas
9. Honeydew Melon
10. Kiwi
11. Mushrooms
12. Onions
13. Papaya
14. Pineapple
15. Sweet corn

Buy Organic

1. Apples
2. Bell/Hot Peppers
3. Cherries
4. Celery
5. Grapes
6. Kale, Collard, Mustard Greens
7. Nectarines
8. Peaches
9. Pears
10. Spinach
11. Strawberries
12. Tomatoes

This list was developed by the Environmental Working Group which is an organization that helps educate the public on creating a clean diet and environment. Also check out this guide on food additives to avoid.

How to Use Oils

Cook with these: Avocado oil, coconut oil, ghee.
Dress with these: Olive oil, walnut oil, flaxseed oil, avocado oil.
Avoid these: Canola oil, palm oil, sunflower oil, safflower oil, soybean oil, vegetable oil.

How to Shop For Protein: Animal Products

Beef: 100% grass fed, organic
Pork: Organic
Chicken: Organic, pasture raised or certified humane
Eggs: Pasture raised and organic

How to Shop For Protein: Non Animal Products

Nut butter: Avoid added sugar and oils such as palm oil
Legumes: Non GMO and organic
Grains: Organic, sprouted

How to Shop For Protein Powder

Avoid unidentified "natural flavors". Cacao, munk fruit, and vanilla bean powder are all clean flavorings. Avoid all artificial sweeteners and be cautions of stevia as it can spike blood sugar. For whey protein, always look for 100% grass fed. Protein powder should be free from gluten, GMO, and soy which will be labeled on the packaging. Favorite brands: Truvani (plant based), Be Well by Kelly (beef protein powder), and Ancient Nutrition Multi-Collagen.