



CLEAN EATING FOOD LIST

FRUIT	MEAT, POULTRY & SEAFOOD	CANNED GOODS (LOW SODIUM)
Apples	Beef or Bison Tenderloin	Black & Kidney Beans
Bananas	Chicken Breasts	Chickpeas
Berries	Lean Ground Bison or Beef	Corn
Dried Fruit (Unsweetened)	Lean Ground Chicken	Lentils
Grapes	Lean Ground Turkey	Peas
Lemons & Limes	Turkey Breasts	Salmon (Packed in Water)
Melons	Pork Tenderloin	Tomatoes (Organic)
Oranges	Salmon (Wild is preferred)	Tomato Paste
Pears	Whitefish (Tilapia, Cod, Etc)	Tuna (Packed in Water)
VEGETABLES	MEAT ALTERNATIVES	DRY GOODS
Asparagus	Black & Kidney Beans	Baking Powder & Baking Soda
Beets	Chickpeas	Black Peppercorn
Bell Peppers	Edamame	Brown Rice
Broccoli	Eggs (Freerange is preferred)	Bulgur
Brussels Sprouts	Lentils	Millet
Cabbage	Tempeh	Quinoa
Carrots	Textured Vegetable Protein	Sea Salt
Cauliflower	Tofu (Silken and Extra Firm)	Natural Sweeteners
Celery		Whole Grain Flour
Cucumber	CEREAL	Spices (Cinnamon, Etc)
Deep Greens (Kale, etc)	Muesli (No Added Sugar)	Vanilla
Garlic	Oat Bran	Wheat Berries
Green Beans	Oatmeal	Whole Grain Pasta
Leeks	Wheat Germ	Whole Wheat Flour (Unbleached)
Mushrooms	Whole Grain Hot Cereal	
Onions		CONDIMENTS
Salad Greens	BAKERY	Honey
Spinach	Whole Grain Breads & Tortillas	Mustard