

Clean Eating

Food List

This Clean Eating food list is to be used as a guide. The foods listed are examples in each categories.

Vegetables

*Cucumbers
Celery
Carrots
Spinach
Kale
Potatoes
Broccoli
Cauliflower
Mushrooms
Bell Peppers*

Fruits

*Apples
Oranges
Bananas
Strawberries
Blueberries
Grapes
Cherries
Mango
Kiwi
Melons*

Whole Grains

*Whole Oats
Corn
Whole Wheat
Brown Rice
Quinoa
Farro
Millet*

Lean Protein

*Peanut Butter
Nut Butters
Seeds
Beans
Grass Fed Beef
Organic Fed Chicken
Organic Eggs*

Dairy Products

*Milk
Cheese
Yogurt
Kefir
Cottage Cheese*

Fats and Oils

*Olive Oil Cold Pressed
Avocado Oil
Coconut Oil*