

CLEAN FOOD LIST

FRUITS:

Apple
Apricot
Avocado
Banana
Blackberry
Blueberry
Boysenberry
Cantaloupe
Cucumber
Cherries
Coconut
Cranberry
Date
Dragonfruit
Elderberry
Fig
Elderberry
Goji berry
Grape
Raisins
Grapefruit
Guava
Honeydew
Huckleberry
Juniper berry
Kiwi fruit
Kumquat
Lemon
Lime
Mango
Melon
-Cantaloupe
-Honeydew
-Watermelon
Nectarine
Olive
Orange
- Blood
- Clementines

- Mandarine
-Tangerine
Papaya
Passionfruit
Peach
Pear
Persimmon
Plum
Pineapple
Pumpkin
Pomegranate
Raspberry
Strawberry
Tomato

BEANS AND LEGUMES:

Black beans
Black-eyed peas
Chickpeas
Edamame
Fava beans
Great Northern Beans
Lentils
Lima beans
Kidney Beans
Pinto Beans
White Beans

GRAINS:

Brown Rice
Quinoa
Steel Cut Oats
Whole Grain Bread
Whole Wheat Pasta

SAUCES & MISC.:

Organic Chicken Broth
Organic Beef Broth
Capers
Tomato Sauce
Tomato Paste

Soy Sauce (GF)
100% Pure Maple Syrup
Honey

VEGETABLES:

Artichoke
Arugula
Asparagus
Beet greens
Bok choy
Broccoli
Broccolini
Brussels sprout
Cabbage
Cauliflower
Celery
Chives
Fennel
Lemongrass
Leek
Onion
Shallot
Celery
Collard greens
Dandelion
Dill
Endive
Kale
Lettuce
Napa cabbage
Orache
Purple Cabbage
Radicchio
Rapini (broccoli rabe)
Sea kale
Spinach
Swiss chard
Turnip greens
Watercress
Wheatgrass
Squash:
Pumpkins
Bell pepper
Cucumber
Eggplant

Sweet pepper
Tomatillo
Zucchini/Courgette

Bulb and Stem

Vegetables:

Celery
Chives
Fennel
Garlic
Lemongrass
Leek
Onion
Shallot
Root and Tuberous:
Beetroot
Carrot
Ginger
Horseradish
Parsnip
Potato
Radish
Rutabaga
Sweet potato
Turnip
Wasabi
Water chestnut

MEATS/FISH:

Beef
Bison
Chicken (all parts)
Ground Beef
Ground Turkey
London broil
Pork
Sirloin Steak
Turkey Breast
Venison

FISH

Cod
Flounder
Grouper
Halibut
Mahi Mahi

Orange Ruffly (Limit)
Red snapper
Sardines
Soul
Swordfish
Tilapia
Tuna (Limit)
Tilapia

SHELLFISH:

Scallops
Shrimp
Mussels
Oysters

DAIRY:

Organic Butter
Organic Milk
Almond Milk
Cheese
Coconut Milk
Cottage Cheese
Eggs
Plain Yogurt

NUTS - SEEDS

Almonds
Brazil
Cashew
Hazelnut
Macadamia
Pecan
Peanut
Pine nut
Pistachio
Sunflower
Walnut

FLOURS:

potato flour
spelt flour
wheat flour
oat flour

chickpea flour
rice flour
quinoa flour

OILS:

Avocado Oil
Coconut oil
Grapeseed
Olive oil
Sunflower Oil
Walnut oil

DRINKS:

Coffee
Tea
Water

