

# Clean Eating Food List



## Fruits & Veggies

- Apples
- Bananas
- Berries
- Oranges or grapefruits
- Kiwi
- Avocado
- Lemons and limes
- Pears, peaches, plums
- Leafy greens (spinach, kale)
- Asparagus
- Broccoli
- Cauliflower
- Bell peppers (various colors)
- Tomatoes
- Cucumbers
- Zucchini or squash
- Carrots and celery
- Onions
- Garlic
- Potatoes (all varieties)

## Dairy

- Greek yogurt (plain, unsweetened)
- Whole Cows Milk & Nut Milks
- Cottage cheese
- Raw Cheese (not pre-shredded)

## Healthy Fats & Oils

- Olive oil (extra virgin)
- Avocado Oil
- Coconut Oil
- Olives
- Coconut Milk
- Sesame Oil

## Protein

- Skinless chicken breasts or thighs
- Fish (salmon, tuna, mahi, shrimp)
- Lean cuts of beef (sirloin, tenderloin)
- Turkey breast
- Eggs
- Pork (lean cuts, unprocessed)
- Tofu or tempeh (plant-based protein)

## Whole Grains & Legumes

- Quinoa
- Rice
- Whole wheat pasta
- Whole grain or sprouted bread
- Oats
- Lentils
- Chickpeas
- Beans (black, white, pinto, etc.)
- Peas

## Nuts & Seeds

- Almonds, walnuts, cashews, pecans
- Hemp Seeds
- Chia seeds
- Flaxseeds
- Pumpkin seeds
- Nut butters

## Spices & Condiments

- Vinegars (Balsamic, Apple Cider, etc)
- Herbs (basil, thyme, rosemary)
- Spices (cinnamon, turmeric, paprika)
- Sea Salt and black pepper
- Almond flour
- Tahini
- Broth
- Mustards