

# *Clean Eating Food List*

## Vegetables

Asparagus  
Avocado  
Broccoli  
Brussel Sprouts  
Cabbage  
Cauliflower  
Carrots  
Celery  
Garlic  
Green Beans  
Kale  
Lettuces  
Potatoes  
Spinach  
Squash  
Sweet Potatoes  
Tomato  
Zucchini

## Fruit (fresh and frozen)

Apples  
Bananas  
Cantelope  
Grapefruit  
Kiwi  
Lemons  
Limes  
Oranges  
Peaches  
Pineapple

## Dairy

Fat Free Milk (almond, coconut)  
Egg Whites  
Plain fat free or low-fat Greek yogurt  
Low fat Cottage Cheese

## Meat/Lean Chicken, Turkey, Fish

Chicken Breasts  
99%-93% Ground Turkey  
99%-93% Ground Chicken  
Bison  
Salmon  
Haddock, Cod or other white fish

## Grains / Beans

Quinoa  
Brown Rice  
Chickpeas  
Black Beans  
Lentils  
Old Fashion Oatmeal (**NOT** instant varieties)  
Rice Cakes  
Unbleached Whole Wheat flour and Red Mill's Oat flour

## Condiments/oils

Coconut oil for cooking  
Olive Oil  
Honey  
Cinnamon  
Maple Syrup  
Agave Nector

## Other:

Raisins  
Unsweetened applesauce  
[Plain Popcorn](#)  
Raw or Roasted Almonds  
Pecans  
Cashews

Peanut Butter (natural)  
Almond Butter (natural)