

CLEAN EATING FOOD LIST

VEGETABLES AND FRUIT

- Artichoke
- Asparagus
- Avocado
- Apple
- Broccoli
- Beetroot
- Bell Peppers
- Blackberries
- Blueberries
- Bok Choy
- Brussel Sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery
- Cherries
- Corn
- Cucumber
- Dates
- Dried Fruit
- Eggplant
- Figs
- Fresh Herbs
- Green Beans (+ canned beans)
- Grapes
- Grapefruit
- Garlic
- Kale
- Kiwifruit
- Leeks
- Lemon and Limes
 - Lettuce
- Mango
- Melons (watermelon, cantaloupe, honeydew etc)
- Mushrooms
- Nectarines
- Onion
- Oranges
- Parsnips
- Peas
- Pears
- Peppers
- Pineapple
- Potatoes
- Pumpkin
- Radishes
- Raspberries
- Rhubarb
- Squash
- Strawberries
- Sweet Potatoes
- Tomatoes (canned and fresh)
- Turnips
- Yams
- Zucchini

BREADS / WRAPS

- Wholegrain Bread
- Ezekiel Bread
- Sprouted bread
- Wholegrain Tortilla
- Corn tortilla (corn, water, lime)
- Wholegrain wraps
- Wholegrain Pita Bread

PASTA

- Quinoa Pasta
- Whole wheat Pasta
- Brown Rice pasta

FLOUR / BAKING

- Whole wheat Flour
- Coconut Flour
- Almond Flour
- Oat Flour
- Baking Soda
- Baking Powder
- Arrowroot Powder
- Corn flour
- Cocoa Powder
- Dried Coconut

OILS

- Cold Pressed Olive Oil
- Avocado Oil
- Sesame Oil
- Coconut Oil
- Butter
- Ghee

NUTS AND SEEDS

- Almonds
- Brazil
- Cashews
- Chia Seeds
- Flaxseeds
- Hazelnuts
- Macadamia Nuts
- Peanuts
- Pine Nuts
- Pistachios
- Pumpkin seeds
- Sunflower Seeds
- Walnuts
- Nut Butters: Almond, peanut, tahini, Cashew

MEAT / SEAFOOD

Always try and purchase organic, humanely raised or sustainable products.

- Chicken
- Turkey
- Duck
- Fish
- Seafood: Prawns, Mussels, scallops, calamari etc.
- Beef
- Pork
- Venison

OTHER PROTEIN

- Eggs
- Tofu (Non GMO)

DAIRY PRODUCTS

- Milk (Organic, full fat)
- Cheese (Avoid pre shredded)
- Yogurt (Plain, full fat)
- Cottage Cheese (full fat)

DAIRY ALTERNATIVES

- Unsweetened Soy Milk (No GMO)
- Unsweetened Almond Milk
- Unsweetened Rice Milk
- Unsweetened Coconut Milk

CONDIMENTS & SPICES

- Mustard (Dijon / Wholegrain)
- Ketchup (read ingredients)
- Lemon or Lime Juice
- Vinegars (balsamic, red wine, white wine, apple cider)
- Naturally fermented Tamari (Salt reduced soy sauce)
- Spices – cumin, chilli, basil, oregano, turmeric, coriander, salt, black pepper, ginger, cinnamon, garlic, thyme, garum masala, paprika)
- Vanilla Extract/Paste
- Jarred Pickles / fermented foods
- Tabasco
- Organic stock: chicken, veggie

SWEETENERS

- Honey
- Maple Syrup
- Coconut Sugar
- Raw Brown Sugar