



CLEAN EATING GUIDE

If you want the “easy button” here it is:

Remove all packaged, processed foods and replace with whole foods.
Replace the foods with labels with the foods that do not have any labels.

Need more direction? Follow the guidelines below

This isn't an exhaustive list so if you do have any questions if a food is “acceptable” first ask yourself if you could kill, pick, dig-up, harvest, grow this food and if you still can't answer your own question.

If something has a label and lots of ingredients, its probably packaged and processed.

DRINK THIS

BEVERAGES

Water
Coffee
(Unsweetened & Unflavored)
Tea

Soda
Fruit Juice
Cow's Milk
Sports Drinks
Coffee Creamer

NOT THIS

EAT THIS

GRAINS

Fruits
Vegetables

Cereal
Bread
Crackers

NOT THIS

EAT THIS

SNACK BARS

Fruits
Vegetables
Nuts
Seeds

Cliff Bars
Power Bars
Nature Valley Bars
Granola Bars

NOT THIS

EAT THIS

SWEETS

Fruits
Berries

Candy Bars
Ice Cream
Flavored Yogurts

NOT THIS

EAT THIS

FATS

Fish Oil
Coconut Oil
Avocado Oil
Olive Oil

Vegetable Oils
Margarine
“I can't believe it's not butter” butter

NOT THIS

EAT THIS

CONDIMENTS

Homemade
Salad Dressings
(Oil & Vinegar)
Mustards
Hot Sauces

Jellies & Jams
Ketchup
Mayonaise
Commercial Salad Dressings

NOT THIS

EAT THIS

BAKING INGREDIENTS

Nothing

Flour
Maple Syrup
Honey
Gluten
Thickeners

NOT THIS

EAT THIS

PACKAGED MEATS

Lean Meats
Eggs
Fish

Pepperoni
Hot Dogs
Brats
Packaged Deli Meat

NOT THIS