



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 see if you still can't answer your question.

If something has a label and lots of ingredients, it's probably packaged and processed.

EAT & DRINK THIS

BEVERAGES

Water | Tea | Coffee
(unsweetened & unflavored)

SNACKS

Fruits | Vegetables | Nuts | Seeds

SWEETS

Fruits | Berries

FATS

Fish Oil | Coconut Oil | Avocado Oil
Olive Oil

CONDIMENTS

Homemade Salad Dressings
(oil & vinegar)

Mustards | Hot Sauces

PROTEIN

Lean Meats | Eggs | Fish

STARCHES

Quinoa | Brown Rice | Oats

FRUITS & VEGGIES

Fresh, Canned or Frozen

DON'T EAT & DRINK THIS

BEVERAGES

Soda | Fruit Juice | Cow's Milk | Sports Drinks
Coffee Creamer

SNACKS

Cliff Bars | Power Bars | Nature Valley Bars
Granola Bars

SWEETS

Candy Bars | Ice Cream | Flavored Yogurts

FATS

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

CONDIMENTS

Jellies & Jams | Ketchup | Mayonaise
Commercial Salad Dressings

PROTEIN

Pepperoni | Hot Dogs | Brats |
Packaged Deli Meats

GRAINS

Cereal | Bread | Crackers

BAKING

Flour | Maple Syrup | Gluten | Thickeners