

Clean Food List

Extensive studies and research on traditional diets across the world conclude that all traditional diets were local, whole foods eaten in combination of raw and cooked. All traditional diets revolved around plants as the majority of their intake.

MEAT/PROTEIN

Organic, Grass-fed

- ☐ Bison
- ☐ Beef
- ☐ Wild Game
- ☐ Poultry
- ☐ Eggs

FISH AND SEAFOOD

Wild-Caught

- ☐ Salmon
- ☐ Sardines
- ☐ Anchovies
- ☐ Cod
- ☐ Tuna

GRAINS/LEGUMES

Sprouted

- ☐ Black Beans
- ☐ Pinto Beans
- ☐ Brown Rice
- ☐ Buckwheat
- ☐ Chickpeas
- ☐ Lentils
- ☐ Millet
- ☐ Oats
- ☐ Quinoa
- ☐ Ancient Grains

SEEDS AND NUTS

Raw, Whole

- ☐ Almonds
- ☐ Brazil Nuts
- ☐ Cashews
- ☐ Flax Seed
- ☐ Hazelnuts
- ☐ Hemp
- ☐ Pecans
- ☐ Pumpkin Seeds
- ☐ Sunflower Seeds
- ☐ Walnuts
- ☐ Chia Seeds
- ☐ Hemp Seeds

VEGETABLES/HERBS

- ☐ Alfalfa
- ☐ Arugula
- ☐ Artichoke
- ☐ Asparagus
- ☐ Beets
- ☐ Bok Choy
- ☐ Broccoli
- ☐ Brussels Sprouts
- ☐ Cabbage
- ☐ Carrots
- ☐ Cauliflower
- ☐ Celery
- ☐ Chard
- ☐ Cilantro
- ☐ Collard Greens
- ☐ Cucumber
- ☐ Eggplant
- ☐ Fennel
- ☐ Garlic
- ☐ Ginger
- ☐ Green Beans
- ☐ Kale
- ☐ Leeks
- ☐ Lemon Grass
- ☐ Lettuce
- ☐ Mushroom
- ☐ Okra
- ☐ Onions
- ☐ Parsley
- ☐ Parsnips
- ☐ Peppers
- ☐ Potatoes
- ☐ Radishes
- ☐ Rhubarb
- ☐ Rutabagas
- ☐ Shallots
- ☐ Snow Peas
- ☐ Spinach
- ☐ Squash
- ☐ Sweet Potatoes
- ☐ Tomatoes
- ☐ Turnips
- ☐ Zucchini
- ☐ Many More...

FRUIT

- ☐ Apples
- ☐ Avocado
- ☐ Blueberries
- ☐ Cherries
- ☐ Coconut
- ☐ Cranberries
- ☐ Grapefruit
- ☐ Grapes
- ☐ Kiwi
- ☐ Lemons
- ☐ Limes
- ☐ Mango
- ☐ Nectarines
- ☐ Oranges
- ☐ Papaya
- ☐ Pears
- ☐ Pineapple
- ☐ Plums
- ☐ Pomegranate
- ☐ Raspberries
- ☐ Strawberries
- ☐ Tangerines
- ☐ Many More...

STAPLE CONDIMENTS

- ☐ All Herbs & Spices
- ☐ Apple Cider Vinegar
- ☐ Avocado Oil
- ☐ Balsamic Vinegar
- ☐ Extra-Virgin Olive Oil
- ☐ Extra-Virgin Coconut Oil
- ☐ Nut/Seed Butters
- ☐ Tahini
- ☐ Miso Paste
- ☐ MCT Oil
- ☐ Lemon/Lime Juice
- ☐ Mustard
- ☐ Salsa
- ☐ Tomato Sauce
- ☐ Coconut Flour
- ☐ Coconut Aminos
- ☐ Pure Honey (local)
- ☐ Pure Maple Syrup
- ☐ 100% Pure Stevia