



CLEAN EATING GUIDE

If you want the “easy option” 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, or grow this food and if you still can't answer your own question.

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

BEVEAGES		GRAINS	
DRINK THIS	NOT THIS	EAT THIS	NOT THIS
Water Coffee (Unsweetened & Unflavoured) Tea	Soda Fruit Juice Cow's Milk Sports Drinks Coffee Creamer	Fruits Vegetables	Cereal Bread Crackers

SNACK BARS		SWEETS	
EAT THIS	NOT THIS	EAT THIS	NOT THIS
Fruits Vegetables Nuts Seeds	Chocolate Bars Power Bars Nature Valley Bars Granola Bars	Fruits Berries	Candy Bars Ice Cream Flavoured Yogurts

FATS		CONDIMENTS	
EAT THIS	NOT THIS	EAT THIS	NOT THIS
Fish Oil Coconut Oil Avocado Oil Olive Oil	Vegetable Oils Margarine Fake Butter	Homemade Salad Dressings (Oil & Vinegar) Mustards Hot Sauces	Jellies & Jams Tomato Sauces Mayonaise Commerical Salad Dressings

BAKING INGREDIENTS		PACKAGED MEATS	
EAT THIS	NOT THIS	EAT THIS	NOT THIS
Nothing	Flour Maple Syrup Honey Gluten Thickeners	Lean Meats Eggs Fish	Pepperoni Hot Dogs Packaged Deli Meat