



CLEAN EATING FOOD CHOICES



FRUIT GLYCEMIC INDEX (GI)

LOW GI: Blackberries, blueberries, boysenberries, elderberries, raspberries, strawberries, sour green apple

MODERATE GI: Cherries, pears, apricots, melons, oranges, peaches, plums, grapefruit, pitted prunes, apples, avocados, kiwi, lemons, limes, nectarines, tangerines, passion fruit, persimmons, and pomegranates

HIGH GI: *(For weight loss avoid except in post-workout shakes)*
Bananas, pineapples, grapes, watermelon, mango, and papaya

COMPLETE PROTEINS

Vegan Protein Shake Mix, quinoa, amaranth, buckwheat, beans and brown rice, lean chicken, lean turkey, wild cold water fish (salmon, halibut, cod, mackerel, sardines), grass-fed, lean red meats, lamb, game, cage-free organic eggs

HEALTHY FATS

Raw nuts and nut butters, raw seeds and seed butters (no peanuts), ground flaxseeds and flax oil, olives and olive oil, walnut oil, avocado oil, shaved coconut and coconut milk

HIGH FIBER CARBS

Squash (acorn, butternut, winter), artichokes, leeks, lima beans, okra, pumpkin, sweet potato or yam, turnips, legumes (Blacks, lentils, adzuki beans, cow peas, chick peas, French beans, kidney beans, lentils, mung beans, yellow beans), brown rice, quinoa, hummus, millet

NON-STARCHY VEGETABLES

Arugula, asparagus, bamboo shoots, bean sprouts, beet greens, bell peppers, broad beans, broccoli, brussels sprouts, cabbage, cassava, carrots, cauliflower, celery, chayote fruit, chicory, chives, collard greens, cucumber, jicama (raw), jalapeno peppers, kale, kohlrabi, lettuce, mushrooms, mustard greens, onions, parsley, radishes, eggplant, endive, fennel, garlic, ginger root, green beans, hearts of palm, radicchio, snap peas, snow peas, shallots, spinach, spaghetti squash, Swiss chard, tomatoes, turnip greens, watercress