

## CLEAN Cheat-Sheet

<b>YES</b> Include These Foods	<b>NO</b> Exclude These Foods
<i>Fruits:</i> whole fruits; unsweetened, frozen or water-packed, diluted natural juices	Oranges, orange juice, grapefruit, strawberries, grapes, banana
<i>Dairy Substitutes:</i> rice, nut milks, coconut milk	Dairy and eggs, milk, cheese, cottage cheese, cream, yogurt, butter, ice cream, nondairy creamers, canned coconut milk
<i>Non-gluten Grains/Starch:</i> brown rice, millet, quinoa, amaranth, buckwheat	Wheat, corn, barley, spelt, kamut rye, couscous, oats
<i>Animal Protein (Optional):</i> cold water fish, wild game, lean lamb, duck, chicken, turkey	Raw fish, pork, beef, veal, sausage, cold cuts, canned meats, hot dogs, shellfish
<i>Vegetable Protein:</i> split peas, lentils, legumes	Soybean products: soy sauce, soybean oil in processed food, tempeh, tofu, soy milk, soy yogurt
<i>Nuts/Seeds:</i> sesame, pumpkin, and sunflower seeds; hazelnuts; pecans; almonds; cashews; walnuts; nut and seed butters (organic)	Peanuts, peanut butter, pistachios, macadamia nuts
<i>Vegetables:</i> preferably fresh, raw, steamed, sautéed, juiced, roasted	Corn, creamed vegetables, nightshades: tomatoes, potatoes, eggplants, peppers, sweet potatoes
<i>Oils:</i> cold pressed olive, flax, safflower, sesame, almond, sunflower, canola, pumpkin, walnut, coconut	Butter, margarine, shortening, processed oils, salad dressings, mayonnaise, spreads
<i>Drinks:</i> filtered water, green tea, herbal teas, seltzer or mineral water, yerba mate	Alcohol, coffee, caffeinated beverages, soda, soft drinks
<i>Sweeteners:</i> brown rice syrup, agave, stevia	Refined sugar, white/brown sugars, honey, maple syrup, high-fructose corn syrup, evaporated cane juice, Splenda, Equal, Sweet N' Low
<i>Condiments:</i> vinegar, all-spice, sea salt, dried pepper, organic spices, raw cacao, miso, tamari	Chocolate, ketchup, relish, chutney, soy sauce, barbecue sauce, teriyaki sauce

Other things to remember:

- Leave 12 hours before your last meal and first meal the next day
- CLEAN recommends eating your biggest meal at lunch; drink a protein smoothie for breakfast and have a soup or smoothie for dinner.
- You may snack between meals as needed (veggies, fruit, nuts, etc)
- CLEAN recommends taking a daily probiotic with at least 15 billion organisms per dose; Try Garden of Life – Primal Defense Ultra (serving is 3 capsules) found at Whole Foods