

EAT CLEAN FOODS LIST



Free Foods	Vegetables	Fruit	Carbohydrates	Fats - Nuts/Whole Fats	Protein
- Water	- Artichokes	- Apple	- Brown Rice	- Avocado	- Chicken Breast (skinless)
- Apple Cider Vinegar	- Asparagus	- Apricots	- Wild Rice	- Almonds	- Turkey Breast (skinless)
- Herbal Teas	- Bok Choy	- Bananas	- Quinoa	- Cashews	- Lean Ground Beef (93-97%)
- Coffee (In Moderation)	- Broccoli	- Beets	- Millet	- Chia Seeds	- Lean Ground Turkey (93-97%)
- Stevia (Truvia)	- Brussel Sprout	- Blackberries	- Sweet Potato	- Hummus	- White fish (Tilapia, Halibut, Cod, etc.)
- 100% Fresh Veg Juice	- Cabbage	- Blueberries	- Buckwheat	- Macadamia Nuts	- Dark Fish (Salmon, Catfish, Tuna, etc.)
- Almond milk (1 cup/day)	- Carrots	- Cranberries	- Yams	- Pecans	- Shellfish (Shrimp, Lobster, etc.)
- Lemon/Lime Juice	- Cauliflower	- Raspberries	- Beans	- Pine Nuts	- Lean Steak (Top Round, top sirloin)
- Vinegar	- Celery	- Strawberries	- Lentils	- Pistachios	- Wild Game (Bison, Elk, etc.)
- Herbs	- Collard Greens	- Cherries	- Corn Tortillas (2)	- Pumpkin Seeds	- Extra Lean Pork Tenderloin
- Spices	- Cucumbers	- Cantaloupe	- Oatmeal (Dry, Steel Cut or Rolled)	- Walnuts	- Tuna (Canned in water)
- Garlic	- Eggplant	- Honeydew	- Gold/red potatoes	- Coconut Milk (Full Fat)	- Lean Turkey Slices
- Ginger	- Fennel	- Watermelon	- Brown rice cakes	- Sacha Inchi Seeds/Nuts	- Collagen Powder
- Mustard (No Sugar)	- Jicama	- Figs	- Arrowroot flour	- Flaxseeds/Hemp seeds	- Whole Eggs (2)
- Salsa (No Sugar)	- Kale	- Grapefruit	- Coconut wraps	- Sunflower Seeds	- Egg Whites (4)
- Noncaloric Hot Sauce	- Lettuce	- Grapes	- Popcorn (homemade)	- Sesame Seeds	- Whole Egg (1) + Egg whites (2)
- Tomato Paste	- Mushrooms	- Kiwi	- Ezekial Bread (1-2)	- Shredded Coconut (Unsweetened)	- Bone Broth
- Vanilla	- Onions	- Mango		Fats - Nut Butter & Healthy Oils	
- Ginger	- Peppers	- Nectarine		- Nut Butter	
- Cinnamon	- Radishes	- Orange		- Olive Oil	
- Nutritional Yeast	- Rhubarb	- Papaya		- Coconut Oil	
- Coconut aminos (2 tsp)	- Snow Peas	- Peach		- Walnut Oil	
- Honey/Maple syrup (raw, 2 tsp/day)	- Spinach	- Pear		- Avocado Oil	
- Cacao Powder	- Sprouts	- Pineapple		- Tahini (Unsweetened)	
- Fermented vegetables	- Zucchini	- Tangerine		- Ghee	
	- Corn	- Pomegranates		- Greek Yogurt (whole fat, plain, unsweetened)	
	- Squash				
	- Green Beans				

Scrambled Egg Tacos

(2 servings)

Ingredients:

- 4 eggs scrambled
- 4 corn tortillas or jicama wraps
- small handful of lettuce leaves
- 2 tablespoons cilantro, chopped
- ½ avocado, sliced
- pico de gallo salsa

Instructions:

1. Assemble your tacos: Divide the scrambled eggs evenly into 4 tortillas/ jicama wraps.
2. Top with with lettuce, cilantro, avocado and pico de gallo.



Soft-boiled Eggs over Quinoa & Vegetables

(1 serving)

Ingredients:

- 2 soft-boiled eggs
- ½ cup cooked quinoa
- ½ -1 cup raw or sauteed vegetables
- cayenne pepper

*Feel free to be creative and vary the vegetable mixture with zucchini, kale, spinach, chard, bell peppers, etc.

Instructions:

1. Scoop the quinoa into a bowl.
2. Place the eggs on top and slice in half. Layer on the vegetables and a dash of cayenne pepper.



Curried Chicken Salad

(4 servings)

Ingredients:

- 3 cup cooked skinless, boneless chicken breasts, cut into bite sized pieces or we like shredded
- ½ cup avocado oil mayonnaise
- ½ avocado, mashed
- 2 tablespoons curry powder
- ½ cup grapes, halved
- 3 stalks celery, diced
- ½ cup walnuts, chopped
- ½ red onion, diced
- ⅓ cup carrots, shredded
- salt and pepper

Instructions:

1. In a large bowl, mix together the mayonnaise, avocado, and curry powder until well combined.
2. Add the cooked chicken, grapes, celery, walnuts, red onion, and carrots. Mix well.
3. Enjoy immediately over lettuce leaves, on top of homemade cauliflower toast, with “clean” crackers or chill in the refrigerator for later.



Kale Chickpea Salad

(4 servings)

Ingredients:

- 2 bunches of kale, stems removed and leaves sliced into ribbons (7 cups)
10 oz bag
- juice of 1 lemon
- salt, to taste
- 3 tablespoon apple cider vinegar
- 1 garlic clove, minced
- 1 shallot, diced
- 1 tablespoon fresh thyme
- 1 tablespoon Dijon mustard
- 2 teaspoons honey (optional)
- ⅓ cup olive oil
- fresh black pepper
- 1 tablespoon avocado oil
- 1-2 small leeks, sliced
- 1 can chickpeas, drained and patted dry
- ½ cup Marcona almonds



Instructions:

1. In a large salad bowl, add the kale, lemon juice, and a pinch of salt.
2. Using your hands, massage and work the salt into the kale until it softens, 2-3 minutes.
3. For the dressing: In a small bowl, whisk the vinegar, garlic, shallot, thyme, and add a dash of salt. Set aside for 10 minutes.
4. To finish the dressing, whisk in the Dijon mustard, honey (if adding) and olive oil.
5. Add a dash of pepper.
6. Heat a large skillet over medium heat. Add in 1 tablespoon of oil. Once melted, add the leek and chickpeas and cook until the leek softens, about 4 minutes.
7. In the large kale bowl, add the dressing, almonds and chickpea-leek mixture. Enjoy!

Shrimp and Spaghetti Squash

(3 servings)

Ingredients:

For the "noodles":

- 1 spaghetti squash, cooked and flesh scooped out with a fork
- 2 tablespoons olive oil
- 1 teaspoon dried oregano
- 1 teaspoon dried basil

For the shrimp:

- 12 oz shrimp, peeled and deveined
- 3 tablespoons olive oil
- 2 cloves garlic, minced
- pinch of red pepper flakes
- salt and pepper, to taste
- juice of 1 lemon
- zest of ½ lemon
- 1 tablespoon fresh parsley, chopped

Instructions:

1. For the "noodles": Mix the squash noodles with the oil and herbs.
2. For the shrimp: Heat the olive oil in a skillet over medium heat. Add in the garlic and sauté for 2 minutes.
3. Add in the shrimp, salt, pepper, and red pepper flakes.
4. Cook for about 5 minutes, until the shrimp is cooked through.
5. Remove from heat.
6. Spoon about 1 cup spaghetti squash onto 3 plates and top with an even distribution of cooked shrimp.
7. Squeeze lemon juice and and sprinkle with zest.
8. Top with parsley and serve.

Red Beef Curry Stew (slow cooker)

(8 servings)

Ingredients:

- 3 pounds of beef stew meat, cubed
- 1 can of coconut milk, full fat
- 2-3 tablespoons red curry paste, (less if you don't like spicy)
- 6-8 cups of mixed chopped vegetables such as bell peppers, carrots, zucchini, onion, green beans, etc.
- 4-6 cups of brown rice, quinoa, or cauliflower rice, cooked

Instructions:

1. Add the coconut milk and red curry paste to the slow cooker. Mix the paste completely into the coconut milk.
2. Add the beef to the slow cooker and turn on low for 6-8 hours.
3. During the last hour of cooking, add the vegetables to the slow cooker.
4. When the meat is cooked completely, scoop the beef, vegetables and broth out onto the divided cauliflower rice or grain. Enjoy.



Cacao Banana Muffins

(6 servings, 12 muffins or 18 mini muffins)

Ingredients:

- 1 cup mashed bananas (3 medium bananas)
- 3 tablespoons raw honey
- ¼ cup melted coconut oil
- 3 eggs
- 1 teaspoon vanilla
- ¼ cup coconut flour
- ¼ cup cacao powder (not cocoa powder)
- ½ teaspoon baking soda
- ½ teaspoon salt

Instructions:

1. Preheat oven to 350 degrees F. Spray 12 muffin cups with coconut oil spray or line with muffin liners.
2. In a mixer or large bowl add the mashed bananas, honey, melted coconut oil, eggs and vanilla and mix or whisk together until combined.
3. Add the rest of the ingredients to the mixing bowl and mix until combined.
4. Spoon the batter evenly into each of the muffin cups.
5. Place in the oven and bake for 15-20 minutes or until a toothpick inserted comes out mostly clean. Cool on a wire rack and enjoy.

