

# Approved Clean Foods

## Oils

Use sparingly

- [sunflower oil](#)
- [coconut oil](#)
- [walnut oil](#)
- [avocado oil](#)
- [olive oil](#)
- [grapeseed oil](#)
- [pumpkin seed oil](#)

## Fatty proteins

Healthy fats are often built into the meals. In the event they are not, pay attention to the serving size. Males typically get a full serving and females, a half serving.

- 
- avocado
- coconut
- walnut
- cashews
- almonds
- nut meal/flour
- seeds
- all natural peanut butter
- salmon
- sea bass
- mackerel **Limit, high in mercury**
- bluefish
- trout

- mussels
- bluefin tuna

## Lean proteins

Ladies: 6 – 8 oz portion, Guys: 8 – 10 oz portion

- soul
- flounder
- cod
- halibut
- mahi mahi
- red snapper
- orange ruffly **Limit, high in mercury**
- ahi tuna **Limit, high in mercury**
- swordfish **Limit, high in mercury**
- tilapia
- grouper
- corvina
- cobia
- egg whites
- chicken breast
- extra lean ground turkey
- london broil
- top round
- turkey
- pork chops
- game meat
- bison
- tofu
- tempeh
- shellfish
- scallops

# Flours

## Flours

- [spelt flour](#)
- [wheat flour](#)
- [oat flour](#)
- [chickpea flour](#)
- [rice flour](#)
- [quinoa flour](#)

# Sweeteners

- [sugar free maple syrup](#) **use sparingly**
- [coconut sugar](#)
- applesauce (no sugar added)
- birch sugar Ideal(xylitol)
- [Stevia in the Raw](#) **or** [Truvia](#)
- [Liquid Stevia](#) (great to add in your coffee!)

# Fruits

It's best to choose berries in the morning and a citrus or banana directly following your workout, to eat in conjunction with your protein.

## Melons

- honeydew
- cantaloupe
- watermelon

sub acid (low cal):

- apple
- papaya
- pear
- raspberry
- blackberry
- blueberry
- cherry
- mango
- guava

acid (high water content, low cal):

- orange
- passionfruit
- strawberry
- tangerine
- tomato
- grapefruit

Sweet (more calorie & nutrient dense)

These are to be used before a workout because they are more insulin-responsive.

- banana
- date
- fig
- persimmon

## Vegetables

Prepare vegetables by either steaming or grilling (may also eat raw). Stay away from anything sauteed or fried.

## Flower bud:

- broccoli
- cauliflower
- artichoke

## Seeds:

- beans

## Leaves:

- kale
- collard greens
- spinach
- arugula
- beet greens
- chard
- turnip greens
- endive
- lettuce
- mustard greens
- watercress
- garlic chives
- Cabbage

## Leaf sheaths:

- leek

## Buds:

- brussels sprouts
- capers

## Stems:

- Kohlrabi

## Stems of leaves:

- celery
- rhubarb
- lemon grass

## Stem shoots:

- asparagus
- bamboo shoots
- ginger

## Tubers:

- potatoes
- jerusalem artichokes
- taro

## Whole-plant sprouts:

- soybean
- mung beans
- alfalfa

## Roots:

- 
- carrots
- parsnips
- beets
- radishes
- rutabagas

- turnips

## Bulbs:

- onions
- shallots
- garlic

## Fruits used as vegetables:

- tomatoes
- cucumbers
- squash
- zucchini
- pumpkins
- peppers
- eggplant
- tomatillos
- okra
- avocado

## Legumes:

- green beans
- lentils
- snow peas
- soybean

**Note:** Best options are fresh and frozen. However, if you choose canned, check for additives and high sodium.

## Superfoods

- Goji

- Cacao
- Spirulina
- Chia
- Flax

## Dairy

- Unsweetened almond Milk
- Unsweetened rice milk
- Greek Yogurt
- Cottage Cheese

## Condiments

- 
- Sauerkraut
- [Kim Chee](#)
- Tempeh
- Apple Cider Vinegar
- Balsamic or Raspberry Vinaigrette
- Champagne Vinegar
- 
- Red Wine Vinegar
- White Vinegar
- Rice Vinegar
- [Ketchup Heinz Reduced Sugar](#) or Wholefoods Organic
- [Reduced Sodium Soy Sauce](#)
- Reduced sodium Teriyaki sauce
- Salsa or Fresh Pico de gallo **Tomatillo or Regular**
- Hot sauce or Chalula
- Steak sauce (low sugar)
- [Barbeque sauce](#) (low sugar)
- Chili Paste



- Herb Pastes **ginger, garlic, cilantro, etc**
- Tomato paste
- Tomato sauce
- Mustard **Yellow or dijon**
- Broth **Low sodium fat free beef, vegetable, and chicken**
- Worcestershire Sauce **no high fructose corn syrup**
- Fat free cooking spray

## Misc

- [Braggs Liquid Aminos](#)
- Salt
- [Herbamere Seasoning Salt](#)
- Nutritional Yeast
- Dry Herbs
- Spices
- Coffee
- Tea
- Vanilla and Almond extract

## Carbs/Starches

- 
- barley
- **Ladies** – 3/4 cup  
**Guys** – 1 1/2 cup
- corn tortilla (Food for Life brand is best)
- **Ladies** – 2-3  
**Guys** – 4-5
- Cream of Wheat/Rice or Rye

- **Ladies** – 1 serving  
**Guys** – 2 servings
- Ezekial bread (made by Food for Life)
- **Ladies** – 1 slice  
**Guys** – 2 slices
- lentils
- **Ladies** – 3/4 cup  
**Guys** – 1 1/2 cups
- 
- oats
- **Ladies** – 1 serving  
**Guys** – 2 servings (1 cup)
- 
- whole wheat pasta
- **Ladies** – 1 cup  
**Guys** – 2 cups
- potato (white, only occasionally)
- **Ladies** – 5 oz  
**Guys** – 7-8 oz
- brown rice
- **Ladies** – 3/4 cup  
**Guys** – 1 1/2 cup
- rice cakes
- **Ladies** – 3  
**Guys** – 4
- Sweet Potato
- **Ladies** – 4-6 oz  
**Guys** – 7-8 oz
- Pinto

- Ladies – 3/4 cup  
Guys – 1 1/2 cup
- Chickpea
- **Ladies** – 3/4 cup  
**Guys** – 1 1/2 cup
- Kidney
- **Ladies** – 3/4 cup  
**Guys** – 1 1/2 cup
- Adzuki
- **Ladies** – 3/4 cup  
**Guys** – 1 1/2 cup
- Mung
- **Ladies** – 3/4 cup  
**Guys** – 1 1/2 cup
- White Beans
- **Ladies** – 3/4 cup  
**Guys** – 1 1/2 cup
- Navy
- **Ladies** – 3/4 cup  
**Guys** – 1 1/2 cup
- Black Beans
- **Ladies** – 3/4 cup  
**Guys** – 1 1/2 cup
- Farro
- **Ladies** – 1/2 cup cooked  
**Guys** – 3/4 cup cooked
- Quinoa

- **Ladies** – 1/4 cup cooked  
**Guys** – 1/2 cup cooked
- Couscous
- **Ladies** – 1/4 cup cooked  
**Guys** – 1/2 cup cooked