

Nourish:

21 Days of Clean Eating

CLEAN EATER'S PURSE GUIDE



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Don't Eat This:

SUGAR
- All sugar (white sugar, cane sugar, dehydrated cane juice, brown sugar, high fructose corn syrup, sucrose, glucose, maltose, dextrose, lactose, corn syrup)
- Maple syrup
- Honey
- Agave
- Coconut sugar
- Chocolate

DAIRY
- Milk
- Butter (no margarine, non-butter
- spreads)
- Ice cream
- Half & half (including non-dairy creamer)
- Fruited yogurt
- Cow-milk based cheese

GRAINS
- Pasta and all gluten-containing grains: wheat, rye, barley, farro, wheat berries, white/wheat flour, etc.

CONDIMENTS
- Ready-made sauces and jarred sauces containing added sugar, tons of sodium, MSG, artificial flavors and colors or preservatives

OILS
- Refined oils (corn, soybean, cottonseed, sunflower)
- Trans fats (most margarine)

BEVERAGES
- Soda, sports drinks and sweetened bottled drinks, including diet versions
- Coffee (including decaf)
- Diet drinks or foods containing artificial sweeteners like aspartame, sucralose, etc.
- Alcohol

PACKAGED FOODS
- Ultra-processed foods like ready-made meals and frozen meals
- Processed soy products (e.g. tofu, veggie burgers, soy milk)

Eat This:

PRODUCE
- Fresh vegetables
- Starchy veggies (potatoes, corn, peas, squash)
- Fresh or frozen fruit, ideally berries (only organic);
- Dried fruits (no sugar added) - dates, prunes, raisins, figs, currants, goji berries, etc.
- Leafy greens, including: kale, baby spinach, mustard greens, dandelion greens, radicchio, Swiss chard, turnip greens, watercress, beet greens, etc.
- Lemons /Limes (not the packaged juice
- Avocado
- Sea vegetables and sea seasonings (nori, kelp, dulce, wakami, etc)

DAIRY
- Goat milk and goat milk cheeses
- Goat, coconut, and almond milk yogurts (no added sugars)

NON-DAIRY MYLKS
- Organic, unsweetened nut milks (hemp, rice, almond, hazelnut, walnut, coconut)

PROTEIN
- Lean white chicken or turkey (organic)
- Wild, cold water fish, especially small, non-predatory species such as sardines, herring, wild salmon, cod (and black cod), and sole, shellfish and shrimp (use Seafood Guide)
- Eggs (preferably pasture raised and organic)
- Pastured or grass fed beef (organic)

GLUTEN FREE GRAINS & FLOURS
- Brown rice, wild rice, quinoa, millet, amaranth, rice noodles, gluten-free oats; garbanzo bean flour, buckwheat flour, almond meal, almond flour, organic cornmeal, organic corn flour, oat flour, rice flour, sorghum flour, pea flour, potato flour, quinoa flour, tapioca flour, millet flour, lentil flour, chia flour, hemp flour, rice bran

LEGUMES & BEANS
- Lentils, navy beans, garbanzo beans, black beans, white beans, kidney beans, mung beans, etc.

FERMENTED FOODS
- Miso, tamari, tempeh
- Sauerkraut
- Coconut water kefir (like KeVita)
- Kombucha Tea
- Sprouts (alfalfa, brocco, clover, mustard, radish, and mung bean, etc.)

NUTS & SEEDS
- Unsalted raw nuts and seeds
- Pumpkin, sunflower, sesame; ground flax, hemp and chia seeds
- Nut butters, unsweetened

OILS
- Olive oil (100% pure extra virgin,
- California grown)
- Grapeseed oil
- Coconut oil
- Nut and seed oils (walnut, sesame, etc.)

BEVERAGES
- Water
- Green tea and herbal or fruit teas
- Spa water
- Unsweetened fresh fruit juices

CONDIMENTS
- All vinegars
- Nutritional yeast
- Salsa
- Mustard
- Sauces that don't contain sugar, MSG, artificial flavors or colors
- Cocoa powder / cocoa nibs

HERBS & SPICES
- All dried spices, including: sea salt, turmeric, black pepper;
- All fresh herbs, including: mint, basil, parsley, cilantro, rosemary, chives, coriander

CANNED & PACKAGED FOODS
- Vegetable and chicken broth (organic)
- Canned tomatoes and beans (BPA free cans)