

Clean Food GROCERY LIST

PROTEIN

PRODUCE / VEGGIES

FRUIT / FAT

■ SENSITIVITY FOODS ■ RECOMMENDED ORGANIC *

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|--|--|
| <input type="checkbox"/> Pasture-Raised Eggs | <input type="checkbox"/> Turkey (Ground) |
| <input type="checkbox"/> Grass-Fed Beef (Ground) | <input type="checkbox"/> Turkey Slices (No Nitrates, No Sugar) |
| <input type="checkbox"/> Grass-Fed Beef (Steak) | <input type="checkbox"/> Wild Caught Salmon |
| <input type="checkbox"/> Pasture-Raised Chicken (Ground) | <input type="checkbox"/> Wild Caught Alaskan Cod |
| <input type="checkbox"/> Pasture-Raised Chicken (Breasts or Tenders) | <input type="checkbox"/> Wild Caught Mahi Mahi |
| <input type="checkbox"/> Chicken (Sausage) | <input type="checkbox"/> Wild Caught Tuna |
| <input type="checkbox"/> Pasture Raised Chicken (Whole) | <input type="checkbox"/> Wild Caught Shrimp |
| <input type="checkbox"/> Liver | <input type="checkbox"/> Scallops |
| <input type="checkbox"/> Pork | |
| <input type="checkbox"/> Acorn Squash | <input type="checkbox"/> Pumpkin |
| <input type="checkbox"/> Artichoke (FM) | <input type="checkbox"/> Radish |
| <input type="checkbox"/> Arugula | <input type="checkbox"/> Rutabaga |
| <input type="checkbox"/> Asparagus (FM) | <input type="checkbox"/> Rhubarb |
| <input type="checkbox"/> Beets (FM) | <input type="checkbox"/> Sauerkraut |
| <input type="checkbox"/> Bell Peppers (NS) | <input type="checkbox"/> Shallots (FM) |
| <input type="checkbox"/> Bok Choy | <input type="checkbox"/> Snow Peas |
| <input type="checkbox"/> Broccoli / Broccolini (FM) | <input type="checkbox"/> Sugar Snap Peas (FM) |
| <input type="checkbox"/> Broccoli Rabe | <input type="checkbox"/> Spaghetti Squash |
| <input type="checkbox"/> Brussel Sprouts (FM) | <input type="checkbox"/> Spinach |
| <input type="checkbox"/> Butternut Squash | <input type="checkbox"/> Sprouts |
| <input type="checkbox"/> Cabbage (FM) | <input type="checkbox"/> Summer Squash |
| <input type="checkbox"/> Carrots (Whole) | <input type="checkbox"/> Sweet Potato / Yam |
| <input type="checkbox"/> Cauliflower (FM) | <input type="checkbox"/> Swiss Chard |
| <input type="checkbox"/> Celery (FM)* | <input type="checkbox"/> Tomatoes (NS)* |
| <input type="checkbox"/> Collard Greens | <input type="checkbox"/> Turnip |
| <input type="checkbox"/> Cucumber | <input type="checkbox"/> Zucchini |
| | |
| <input type="checkbox"/> Delicata Squash | |
| <input type="checkbox"/> Eggplant (NS) | |
| <input type="checkbox"/> Endive | |
| <input type="checkbox"/> Fennel | |
| <input type="checkbox"/> Frisee | |
| <input type="checkbox"/> Garlic (FM) | |
| <input type="checkbox"/> Green Beans | |
| <input type="checkbox"/> Hummus (FM) | |
| <input type="checkbox"/> Jalapeno | |
| <input type="checkbox"/> Kale | |
| <input type="checkbox"/> Leeks (FM) | |
| <input type="checkbox"/> Lettuce (All) | |
| <input type="checkbox"/> Mushrooms (All)(FM) | |
| <input type="checkbox"/> Onion (FM) | |
| <input type="checkbox"/> Parsnips | |
| <input type="checkbox"/> Peppers (NS)* | |
| <input type="checkbox"/> Potatoes (All)(NS) | |
| | |
| <input type="checkbox"/> Apples (FM)* | <input type="checkbox"/> Ghee |
| <input type="checkbox"/> Apricots (FM) | <input type="checkbox"/> Grass-Fed Butter |
| <input type="checkbox"/> Bananas | <input type="checkbox"/> Duck Fat |
| <input type="checkbox"/> Blackberries | <input type="checkbox"/> Coconut Oil |
| <input type="checkbox"/> Blueberries | <input type="checkbox"/> Extra-Virgin Olive Oil |
| <input type="checkbox"/> Cherries (FM) | <input type="checkbox"/> Tallow (Beef Fat) |
| <input type="checkbox"/> Dates (FM) | <input type="checkbox"/> Avocado (FM) |
| <input type="checkbox"/> Figs (FM) | <input type="checkbox"/> Avocado Oil |
| <input type="checkbox"/> Grapefruit | <input type="checkbox"/> Coconut Butter |
| <input type="checkbox"/> Grapes | <input type="checkbox"/> Coconut Flakes |
| <input type="checkbox"/> Jicama | <input type="checkbox"/> Coconut Milk (Canned)(FM) |
| <input type="checkbox"/> Kiwi | <input type="checkbox"/> Olives |
| <input type="checkbox"/> Lemon | |
| <input type="checkbox"/> Lime | |
| <input type="checkbox"/> Mango (FM) | |
| | |
| <input type="checkbox"/> Melon | |
| <input type="checkbox"/> Nectarines | |
| <input type="checkbox"/> Oranges (All) | |
| <input type="checkbox"/> Papaya (FM) | |
| <input type="checkbox"/> Peaches (FM)* | |
| <input type="checkbox"/> Pears(FM) | |
| <input type="checkbox"/> Pineapple | |
| <input type="checkbox"/> Plantains | |
| <input type="checkbox"/> Plum (FM) | |
| <input type="checkbox"/> Pomegranates | |
| <input type="checkbox"/> Raspberries | |
| <input type="checkbox"/> Strawberries | |
| <input type="checkbox"/> Tangerines | |
| <input type="checkbox"/> Watermelon (FM) | |

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|---|---|--|
| <input type="checkbox"/> Almonds | <input type="checkbox"/> Sesame Seeds | <input type="checkbox"/> Grain-Free Granola |
| <input type="checkbox"/> Almond Butter | <input type="checkbox"/> Sacha Inchi Seeds | <input type="checkbox"/> Gluten Free Oats |
| <input type="checkbox"/> Brazil Nuts | <input type="checkbox"/> Walnuts | <input type="checkbox"/> Jasmine Rice |
| <input type="checkbox"/> Cashews (FM) | | <input type="checkbox"/> Quinoa |
| <input type="checkbox"/> Chia Seeds | | |
| <input type="checkbox"/> Flax Seeds | | |
| <input type="checkbox"/> Hazelnuts | | |
| <input type="checkbox"/> Macadamia Nuts | | |
| <input type="checkbox"/> Pecans | | |
| <input type="checkbox"/> Pine Nuts | | |
| <input type="checkbox"/> Pistachios | | |
| <input type="checkbox"/> Pumpkin Seeds | | |
| <input type="checkbox"/> Almond Flour | <input type="checkbox"/> Hemp Protein | <input type="checkbox"/> Seaweed SnacksPink |
| <input type="checkbox"/> Apple Cider Vinegar | <input type="checkbox"/> Raw Honey | <input type="checkbox"/> Sardines |
| <input type="checkbox"/> Balsamic Vinegar | <input type="checkbox"/> Rise Bars | <input type="checkbox"/> Simple Mills Crackers |
| <input type="checkbox"/> Bone Broth | <input type="checkbox"/> Hail Merry Snacks | <input type="checkbox"/> Siete Chips |
| <input type="checkbox"/> Cassava Flour | <input type="checkbox"/> Hot Sauce | <input type="checkbox"/> Tahini |
| <input type="checkbox"/> Canned Pumpkin | <input type="checkbox"/> Jackson's Honest Chips | <input type="checkbox"/> Tomato Paste (NS) |
| <input type="checkbox"/> Canned Salmon | <input type="checkbox"/> Jillz Crackers | <input type="checkbox"/> Tomato Sauce (NS) |
| <input type="checkbox"/> Canned Tuna | <input type="checkbox"/> Lara Bars | <input type="checkbox"/> Vegetable Broth |
| <input type="checkbox"/> Capers | <input type="checkbox"/> Mustard | <input type="checkbox"/> White Wine Vinegar |
| <input type="checkbox"/> Cocoa Powder | <input type="checkbox"/> Paleo Waffle Mix | |
| <input type="checkbox"/> Coconut Aminos | <input type="checkbox"/> Pea Protein | |
| <input type="checkbox"/> Coconut Flour | <input type="checkbox"/> Pickles | |
| <input type="checkbox"/> Coconut Wraps | <input type="checkbox"/> Red Wine Vinegar | |
| <input type="checkbox"/> Collagen Peptides | <input type="checkbox"/> RX Bars | |
| <input type="checkbox"/> Allspice | <input type="checkbox"/> Nutmeg | <input type="checkbox"/> Coconut Water |
| <input type="checkbox"/> Basil (Fresh/Dried) | <input type="checkbox"/> Onion Powder (FM) | <input type="checkbox"/> Coffee |
| <input type="checkbox"/> Bay Leaves | <input type="checkbox"/> Oregano | <input type="checkbox"/> Kombucha |
| <input type="checkbox"/> Black Pepper | <input type="checkbox"/> Paprika (NS) | <input type="checkbox"/> La Croix |
| <input type="checkbox"/> Cayenne (NS) | <input type="checkbox"/> Parsley (Fresh/Dried) | <input type="checkbox"/> Mineral Water |
| <input type="checkbox"/> Chilli Powder (NS) | <input type="checkbox"/> Red Pepper Flakes (NS) | <input type="checkbox"/> Spring Water |
| <input type="checkbox"/> Chipotle Powder (NS) | <input type="checkbox"/> Rosemary (Fresh/Dried) | <input type="checkbox"/> Soda Water |
| <input type="checkbox"/> Chives | <input type="checkbox"/> Sage | <input type="checkbox"/> Tea |
| <input type="checkbox"/> Cilantro | <input type="checkbox"/> Sea Salt(Pink) | <input type="checkbox"/> Red Wine |
| <input type="checkbox"/> Cinnamon | <input type="checkbox"/> Thyme (Fresh/Dried) | |
| <input type="checkbox"/> Cloves | | |
| <input type="checkbox"/> Cumin | | |
| <input type="checkbox"/> Curry Powder (NS) | | |
| <input type="checkbox"/> Dill | | |
| <input type="checkbox"/> Garlic Powder (FM) | | |
| <input type="checkbox"/> Ginger (Fresh/Dried) | | |

What are Nightshades?

Members of the family Solanaceae, common nightshades include white (but not sweet) potatoes, eggplant, tomatoes, and peppers, both the eye-watering chilies and the sweeter bell peppers. The list of edible nightshade plants also includes any spices made from peppers, like paprika, red pepper flakes, and cayenne pepper (although black pepper is a different plant).

Those exhibiting apparent sensitivities to nightshade vegetables often have similar complaints as gluten sensitive reactions. Irritable bowel disorders and other gastrointestinal issues, heartburn, nerve sensitization, and joint pain are commonly associated with nightshade vegetable sensitivity.

When to avoid? - Autoimmune Disease, Joint Pain, Suspicious Food Reactions

What are FODMAPS?

FODMAPs is an acronym for a collection of food molecules (mostly sugars) that are short-chained carbohydrates, both fermentable and poorly absorbed in the gut. If you haven't heard the term "FODMAPs" thrown around at work or at the gym lately, you probably will soon enough.

Essentially, FODMAPs stands for fermentable oligosaccharides, disaccharides, monosaccharides and polyols. These are specific sugars found in food, such as fructose, lactose, fructans, galactans and polyols. Because they're not absorbed completely by the human body, they're easily fermented by gut bacteria and can cause significant gastrointestinal problems.

When to avoid? SIBO Protocol, Bloating, Stomach Distention, Low Sugar Protocol, Gut Dysbiosis