

CLEAN EATING SWAP LIST

Eliminate:

- Dairy (exceptions: grass-fed butter, and grass-fed ghee)
- Gluten
- Soy
- Peanuts & Peanut Butter
- Sugar, Honey, Maple Syrup
- Artificial Sweeteners
- Coffee
- Alcohol
- All Fruit EXCEPT Limes, Lemons, Green Apples, Berries and Pomegranate
- Pork
- Farm-Raised Fish
- Non Cage-Free Eggs
- Non Free-Range Chicken
- All Beef, other than grass-fed
- White Potatoes
- Corn
- Nitrates
- MSG
- Vinegar (except raw apple cider vinegar)

Include:

- Almond, Coconut & Flax Milk
- Brown Rice
- Raw Almonds
- Almond Butter
- Coconut Sugar
- Stevia, Xylitol
- Green & Herb Teas
- Non Starchy Vegetables
- Organic Green Apples & Berries
- Cage-Free Eggs
- Wild-Caught Cold Water Fish (limit to 1x per week)
- Free-Range Chicken and Turkey
- Grass-fed Beef (limit to 1x per week)
- Sweet Potatoes, Yams, Turnips
- Legumes
- Avocado
- Extra Virgin Olive Oil, Grapeseed Oil, Coconut Oil (avoid refined), Flaxseed Oil, MCT Oil

