

EVOLVED CLEAN EATING LIST

VEGETABLES:

(majority of food intake)

- Asparagus
- Avocados - moderation
- Beet Greens
- Beets
- Bell Peppers
- Broccoli
- Brussels Sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery
- Collard Greens
- Cucumbers
- Dill Pickle
- Eggplant
- Fennel
- Garlic
- Green Beans
- Jalapeños
- Kale
- Leeks
- Mushrooms
- Mustard Greens
- Olives - moderation
- Onions
- Romaine Lettuce
- Sea vegetables

- Spinach
- Squash, summer
- Squash, winter
- Sweet Potatoes
- Swiss Chard
- Tomatoes
- Turnip Greens

GRAINS:

(max 2 servings/day)

- Barley
- Brown Rice
- Buckwheat
- Oats
- Quinoa

SNACK BAR:

- (max 1 per day)
- Quest protein bars
 - No Cow Bar
 - Kirkland Bar

FRUITS:

- (2 servings per day)
- Apples
 - Apricots - fresh only
 - Bananas
 - Blackberries

- Blueberries
- Cantaloupe
- Figs - fresh only
- Grapefruit
- Grapes - a few
- Kiwifruit
- Lemon/Limes
- Oranges

- Papayas
- Peaches
- Pears
- Pineapple
- Plums
- Pomegranates
- Prunes
- Raspberries
- Strawberries
- Watermelon

SEAFOOD:

(prefer wild caught)

- Cod · Flounder
- Mahi Mahi
- Orange Roughy
- Salmon
- Scallops
- Shrimp · Tilapia
- Tuna (water packed)

BEANS & LEGUMES:

- Black Beans
- Garbanzo Beans (chickpeas)
- Kidney Beans
- Lentils
- Lima Beans
- Pinto Beans
- Navy Beans

POULTRY & MEATS:

- Chicken Breast Skinless
- Lamb and Fish
- Turkey Breast Skinless

EGGS & DAIRY:

- Eggs or Egg Beaters
- Milk (skim)
- Yogurt (nonfat, plain)

NUTS & SEEDS:

- (max 1/4 cup per day)
- Almonds
- Cashews

- Flaxseeds
- Pecans
- Pumpkin seeds
- Sesame seeds
- Sunflower seeds
- Walnuts

BEVERAGES:

- Water
- Coffee (Stevia, skim milk or unsweetened almond milk)
- Protein shake in place of meal
- bai
- Vitamin Water Zero (max 1/day)
- Zevia Zero Calorie Soda
- Tea (Stevia)

HERBS & SPICES:

- Basil
- Black Pepper
- Cayenne Pepper
- Chili Pepper (dried)
- Cilantro & Coriander seeds

- Cinnamon
- Cloves
- Cumin seeds
- Curry powder
- Dill
- Garlic
- Ginger
- Lemon/Lime juice
- Hot Sauce
- Mrs. Dash salt-free
- Mustard
- Oregano
- Parsley
- Peppermint
- Rosemary
- Sage
- Salsa
- Salt (moderate)
- Thyme
- Turmeric
- Vinegar
- Cooking Oil Spray
- Any salad dressing 30 cal or less per serving