

Dark Vegetables

Kale	Alfalfa Sprouts
Spinach	Dark Green Lettuce
Broccoli	Collards
Brussel sprouts	Zucchini
Asapargus	Carrots
Cabbage	Beets
Green Beans	

Fruits

Blueberries	Mangos
Strawberries	Papaya
Raspberries	Avocados
Apples	Tomatos
Bananas	

Carbohydrates

Steal Cut Oatmeal	Wild Rice
Quinoa	Amaranth
Brown Rice	Ezekiel Bread
Buckwheat	Sweet Potato
Barley	

Proteins

Chicken Breast	Shrimp
Eggs	Tuna
Salmon	Lean turkey meat
Tilapia	Tempeh
Scallops	Tofu

Fats and Oils

Raw Almonds	Coconut Oil
Raw Sunflower Seeds	Extra Virgin
All Natural Peanut Butter (no sugar, no salt added)	Olive Oil
All Natural Almond Butter (no sugar, no salt added)	Flax Seed
	Chia Seed

Healthy Add-ons

Pico de Gallo	Hummus
Sriracha	Raw Honey
Tabasco Sauce or	Mrs. Dash
Tabenero Hot Sauce	TJs 21 Seasonings
Low Sodium soy sauce	
Lemon, Pineapples, Apples	


Dairy

Non fat or Lowfat
Greek Yogurt
Almond Milk
Lowfat Cottage Cheese

Legumes

Edamame
Black Beans
Garbanzo beans
(chick peas)
Lentils



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Steam, bake, grill or eat raw. No frying.
1/4 of plate should be protein
1/4 of plate should be carbs
1/2 of plate should be fruits and vegetables
Drink 3.3+ Liters of Water/day for Men
Drink 2.3+ Liters of Water/day for Women

These are CleanEating suggestions from Cassey's
CleanEating Grocery List. Discuss with your doctor
Approved by Registered Dietitian Alexandra Brown

Food culture is the practices, beliefs, customs, traditions, and behaviors surrounding the production, distribution, preparation, and consumption of food

Food culture varies significantly from one region to another and is influenced by factors such as geography, climate, history, religion, socio-economic status, and globalization. It plays a central role in shaping people's daily lives, social interactions, and sense of belonging, and is often a source of pride and identity for communities around the world within a particular society or group of people.

It encompasses a wide range of elements including:

Cuisine: This includes specific dishes, ingredients, cooking methods, and flavor profiles.

Food rituals and customs: The ceremonies, traditions, and rituals associated with food, such as religious or cultural celebrations, mealtime etiquette, and special occasions.

Food production and sourcing: How food is grown, harvested, processed, and distributed within a society. Includes agricultural practices, fishing techniques, food markets, and food supply chains.

Food symbolism and meaning: The cultural meanings and symbolism attached to different foods, dishes, and ingredients. Certain foods may have symbolic significance in religious ceremonies, festivals, or social gatherings.

Food identity and heritage: The role of food in shaping individual and collective identities, as well as preserving cultural heritage and traditions across generations.

Social and communal aspects of food: The ways in which food is used to build and strengthen social connections, foster community cohesion, and express hospitality and generosity.

Food and health beliefs: Cultural beliefs and attitudes towards food, nutrition, and health, including dietary restrictions, taboos, and traditional healing practices.

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