

Clean Eating Living Well

Transform Your body to Optimal Health

Slow Burning Carbohydrates include all fruits, veggies, beans, legumes, and whole grains! This list will focus on beans legumes and whole grains. For bread use sprouted grain bread and for pasta use rice pasta.

Beans and Legumes:	Whole Grain Breads and Cereals:	Grains:
Black Beans	Sprouted Grain Breads (i.e. Ezekiel)	Amaranth
Butter Beans	Sprouted Grain Tortillas	Barley
Cannelloni Beans	Sprouted Grain English Muffins	Buckwheat
Edamame	Corn Tortillas	Millet
Garbanzo beans	Corn Chips	Quinoa
Kidney beans	Sprouted Grain Cereal (i.e. Ezekiel)	Oats
Lentils	Oatmeal	Spelt
Pinto Beans		
Split peas		

Learn about the foods that will spike your blood sugar and AVOID them.
Your goal will be to keep your body in the Fat Burning Mode.

Hard carbs will spike your blood sugar levels and tell your body to store fat.

A short list of Hard Carbs

Whole Wheat Bread
Whole Wheat Pasta
Most cereals on the market
Most Crackers
White Bread
Pastries