

# Clean Eating Living Well

*Transform Your body to Optimal Health*

<b>Vegetables</b>	<b>Fruit</b>
Asparagus	Apples
Artichoke	Avocado
Arugula	Bananas
Bamboo Shoots	Cantaloupe
Beets	Cherries
Bell Peppers	Coconut
Broccoli	Grapefruit
Brussels Sprouts	Grapes
Cabbage	Green Apples
Carrots	Honeydew Melon
Cauliflower	Kiwi
Celery	Lemon
Colored Peppers	Limes
Cucumbers	Mango
Eggplant	Nectarines
Fresh Garlic Cloves (to saute with)	Oranges
Garlic	Peaches
Ginger	Pears
Green Beans	Pineapple
Kale/ Collard Greens	Plums
Mushrooms	Tangerines
Okra	Watermelon
Onions	<b>Berries</b>
Parsley (delicious in soups)	Blackberries
Potatoes	Blue Berries
Radishes	Cranberries
Romaine Lettuce	Raspberries
Shallots/Leeks	Strawberries
Snap Peas	
Spinach	
Sprouts	
Squash	
Sweet Corn	
Sweet Peas	
Sweet Potatoes	
Tomatoes	
Turnip	
Turnips/ Parsnips	
Watercress	
Zucchini	