



**let clean eating  
transform your health**

# **CLEAN 15**



Pineapples, Sweet Corn, Avocados, Papaya,  
Onions, Peas, Asparagus, Cabbage,  
Watermelon, Cauliflower, Bananas,  
Mangoes, Carrots, Mushrooms, Kiwi

# **DIRTY DOZEN**



Spinach, Strawberries,  
Kale/Collard/Mustard Greens, Grapes,  
Peaches, Cherries, Nectarines, Pears,  
Apples, Blackberries, Blueberries, Potatoes



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