Shaklee 180®

The Basket List

WHAT IS CLEAN EATING?

Clean eating focuses on whole, unprocessed foods and can help optimize your health. Clean eating can be adapted to fit any dietary preference or requirement (vegan, vegetarian, paleo, gluten free, dairy free, etc.).

CLEAN EATING TIPS:

- Choose whole, natural foods
- Eliminate processed foods
- Choose whole grains (brown rice, quinoa, millet)
- At mealtime, fill half your plate with fresh veggies; combine protein with carbs to stay full longer
- Try to steam, bake, or grill, or eat raw foods
- Avoid processed sugars and refined foods

SHOPPING GUIDE

FRESH FRUIT:
Grapes, kiwis, blueberries, cantaloupes, apples, cherries, bananas, blackberries, coconuts, pears, tangerines, oranges, apricots, pineapples, mangoes, nectarines, figs, lemons, limes, olives, papayas, raspberries, peaches, strawberries, tomatoes

FRESH GREENS:
Arugula, parsley, kale, brussels sprouts, spinach, asparagus, collard greens, alfalfa sprouts, cilantro, chard

OTHER FRESH VEGGIES:
Squash, cucumber, beets, radishes, turnips, zucchini, celery, cauliflower, cabbage, eggplant, garlic, carrots, onions, okra, peppers, green beans, broccoli, mushrooms

HEALTHY CARBS:
Beans, brown rice, chickpeas, lentils, oats, sweet potatoes, wild rice, yams, 100% whole grain flour, 100% whole grain rice, 100% whole grain bread, 100% whole grains

PROTEIN:
Greek yogurt, chicken, eggs, tofu, beef, turkey

HEALTHY FATS:
Nut butters, almonds, avocados, walnuts, olive oil

SEAFOOD:
Choose seafood that's fished or farmed in ways that have less impact on the environment.
Mackerel, sardines, wild salmon, sea bass, trout, shrimp
(Based on recommendations from http://www.seafoodwatch.org and http://seafood.edf.org)

NATURAL SWEETENERS:
Agave nectar, dried fruit, pure maple syrup, molasses (unsulfured), raw honey, stevia

BEVERAGES:
Almond milk (unsweetened), coconut milk (unsweetened), coffee, herbal tea, lemon water, water

SEEDS (RAW, UNSALTED):
Sunflower, sesame, pumpkin, chia, hemp, flax, quinoa