

# *Clean Eating Guide*

## for beginners



### **vegetables and fruits**

*whole fruits & veggies, more veggies than fruits*



### **unrefined/whole grains & legumes**

*brown rice, wild rice, quinoa, oats, 100% whole wheat, beans*



### **meat and seafood**

*humanely raised, grass-fed, without hormones or antibiotics, wild-caught or sustainably raised seafood*



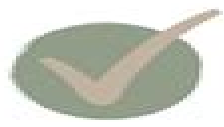
### **healthy fats**

*raw nuts/seeds, unrefined/virgin oils, avocados*



### **full-fat dairy & eggs**

*unsweetened dairy & pasture-raised eggs*



### **natural sweeteners**

*pure maple syrup, raw honey, coconut palm sugar, dates & limit added sugars*



# Clean Eating Guide

**Huangqi Zhang**



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