



Groceries

Meat/Seafood/Dairy:

- Only buy grass-fed meat.
- Only buy wild seafood, never farmed.
- Only buy grass-fed and/or raw dairy.
- Only buy pastured bacon.
- Only buy pastured (truly free-range) eggs.

Miscellaneous:

- Always read ingredient labels!
- Never buy products that contain ingredients we threw out in the Kitchen Clean Out Guide.
- Never buy products with more than 5 ingredients (unless all ingredients are whole, real, organic).
- Never buy GMOs (see GMO Guide).
- Never go grocery shopping hungry (seriously - I buy the entire store when I do this).
- Always go to the supermarket with a plan and a list, don't be unprepared.
- If you can't afford all organic produce, stick to the Clean 15 and Dirty Dozen. The Clean 15 are fruits/veggies lower in pesticides, while the Dirty Dozen has higher pesticide residues.

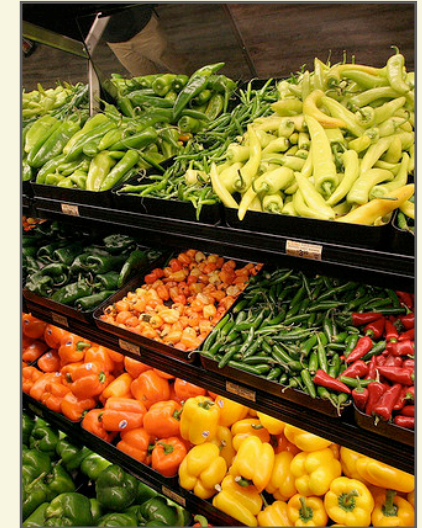


CLEAN FIFTEEN

1. ASPARAGUS
2. AVOCADO
3. CABBAGE
4. CANTALOUPE
5. CORN (ONLY IF NON-GMO)
6. EGGPLANT
7. GRAPEFRUIT
8. KIWI
9. MANGO
10. MUSHROOMS
11. ONIONS
12. PAPAYAS (ONLY IF NON-GMO)
13. PINEAPPLES
14. SWEET PEAS
15. SWEET POTATOES

GROCERY

GUIDE



DIRTY DOZEN

1. APPLES
 2. CELERY
 3. CHERRIES
 4. TOMATOES
 5. CUCUMBERS
 6. GRAPES
 7. HOT PEPPERS
 8. NECTARINES
 9. PEACHES
 10. POTATOES
 11. SPINACH
 12. STRAWBERRIES
- PLUS: COLLARDS & KALE, ZUCCHINI AND SQUASH