

Clean 15 and Dirty Dozen

The "[dirty dozen](#)" are fruits and veggies that have so many chemicals on them that I want you to ALWAYS choose organic. However, you can save a few bucks when it comes to buying the "Clean 15" though. The produce on this list have less pesticide residue because of their thick skin or due to the natural insecticides that protect them from pests without chemicals. When buying foods on this list, feel free to stock up on the cheaper, nonorganic versions and enjoy.

1. Asparagus
2. Avocado
3. Cabbage
4. Cantaloupe
5. Corn
6. Eggplant
7. Grapefruit
8. Kiwi fruit
9. Mango
10. Onions
11. Pineapple
12. Sweet onions
13. Sweet peas
14. Sweet potatoes/yams
15. Watermelon

If you can come up with an extra twenty dollars a week to spend on groceries, I suggest you splurge on buying the organic versions of these twelve fruits and veggies.

1. Apples
2. Celery
3. Bell peppers
4. Cherries
5. Grapes (imported)
6. Lettuce
7. Nectarines
8. Peaches
9. Pears
10. Potatoes
11. Spinach
12. Strawberries

GOOD FATS

- Coconut oil
- Olive oil
- Macadamia Oil
- Avocado Oil
- Grass fed Butter

WHY EAT HEALTHY?

In order to lose weight, our bodies need the right combination of proteins, carbs, and healthy fats. Here's why:

- **Protein** builds and maintains muscles and these muscles burn calories like an inferno. Protein also breaks down more slowly than carbs and fat, which burns even more calories and helps you feel fuller longer.
- **Carbs** are the preferred fuel source for your muscles and organs, and they come in healthy versions (vegetables, fruits, grains, and legumes), and not-so-healthy versions (cakes, cookies, soda, doughnuts, candy, and many processed foods). Healthy carbs are also crucial for burning calories, and since they break down more slowly than those not-so-healthy carbs, they keep your blood sugar and energy levels steady, and they also keep your calorie-burning furnace hot so it burns more calories!
- **Healthy fats** (unsaturated fats) eaten in moderation help the development and function of your eyes and brain and help prevent heart disease, stroke, depression, and arthritis. Healthy fats also help keep your energy levels steady and keep you from feeling hungry.
- **Eat five meals—no more, no less.**
- **Eat a breakfast that includes both protein and carbs within 30 minutes of waking**

Drink a GALLON OF WATER A DAY!