

# CLEAN

## 21

	<b>FAST TRACK</b>	<b>FLEXIBLE</b>
<b>MEATS</b>	<b>ALL meats, seafood and eggs</b>	<b>ALL meats, seafood and eggs</b>
<b>VEGETABLES</b>	ALL, except for those on NO List: (See List) 1 cup TOTAL PER DAY: acorn squash, beets, butternut squash, green peas & pumpkin	ALL, except those on NO List (See List)  1 cup TOTAL PER DAY of same starchy vegetables
<b>FRUIT</b>	Per Day: 1 green tipped banana 1 green apple 1/2 grapefruit unlimited limes and lemons	Any Fruit, but limited to 20 grams of sugar per day, from fruit.
<b>NUTS &amp; SEEDS</b>	ALL whole, flour and butter	ALL whole, flour and butter
<b>FATS &amp; OILS</b>	ONLY from the following sources: animal fats, butter, ghee, avocados, coconut, flax, olive or sesame oil	ONLY from the following sources: animal fats, butter, ghee, avocados, coconut, flax, olive or sesame oil
<b>BEVERAGES</b>	Water, coffee, espresso, full fat coconut milk, unsweetened almond milk, sparkling water, mineral water, teas.	<b>SAME</b>

<b>CONDIMENTS</b>	Homemade broths, mustard, spices and herbs, extracts, vinegars, coconut aminos, nutritional yeast	
<b>GRAINS &amp; LEGUMES</b>	NONE	Limited to 1/2 cup total per day of whole grain or legume only:
<b>DAIRY</b>	NONE	FULL FAT ONLY: Heavy Cream, Half n Half Milk                      Cheese Yogurt                    Cottage Cheese
<b>SUPPLEMENTS</b>	100% pure vitamin or mineral supplements, one ingredient protein powders (such as hemp powder), fermented cod liver oil	100% pure vitamin or mineral supplements, one ingredient protein powders (such as hemp powder), fermented cod liver oil

