

Make a list

Around the edges

Keep waste down – overlap ingredients

Eat leftovers; **E**at out less

Freeze extras

Organic is best with meats, dairy and the dirty dozen

Oils, olives, omegas from fish are always a healthy option

Do read labels! **D**on't snack when emotional or not hungry

Farmer's markets are great

Utilize free time to prep and cook in bulk

Nuts and seeds support your protein needs!

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Dirty Dozen

- 1) Strawberries
- 2) Spinach
- 3) Nectarines
- 4) Apples
- 5) Peaches
- 6) Pears
- 7) Cherries
- 8) Grapes
- 9) Celery
- 10) Tomatoes
- 11) Bell Peppers
- 12) Potatoes

Clean 15

- 1) Sweet corn
- 2) Avocados
- 3) Pineapples
- 4) Cabbage
- 5) Onions
- 6) Sweet Peas
- 7) Papayas
- 8) Asparagus
- 9) Mangos
- 10) Eggplant
- 11) Honeydew
- 12) Kiwi
- 13) Cantaloupe
- 14) Cauliflower
- 15) Grapefruit

****Both lists are subject to change, and may vary slightly***