

The Clean Fifteen & Dirty Dozen Cheat Sheet

The Clean Fifteen

Avocados
Sweet Corn
Pineapples
Frozen Sweet Peas
Onions
Papayas
Eggplant
Asparagus
Kiwi
Cabbage
Cauliflower
Cantaloupes
Broccoli
Mushrooms
Honeydew Melon

The Dirty Dozen

Strawberries
Spinach
Kale
Nectarines
Apples
Grapes
Peaches
Cherries
Pears
Tomatoes
Celery
Potatoes

Grab your Clean Fifteen recipes at
<https://www.rossbridgeford.com/dirty-dozen-2019>

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