



Dirty Dozen & Clean 15

Dirty Dozen

1. Strawberries
2. Spinach
3. Kale, Collards, and Mustard Greens
4. Grapes
5. Peaches
6. Pears
7. Nectarines
8. Apples
9. Bell & Hot Peppers
10. Cherries
11. Blueberries
12. Green Beans

Clean 15

1. Carrots
2. Sweet Potatoes
3. Mangoes
4. Mushrooms
5. Watermelon
6. Cabbage
7. Kiwi
8. Honeydew Melon
9. Asparagus
10. Sweet Peas (frozen)
11. Papaya*
12. Onions
13. Pineapple
14. Sweet Corn*
15. Avocadoes

*Opt for Organic to reduce GMO exposure.

