

15

2018
CLEAN 15
PRODUCE
LIST

Recipes at
mealpreponfleek.com

Avocados
Sweet Corn*
Pineapples
Cabbage
Onions
Frozen Sweet Peas
Papayas*
Asparagus

Mangos
Eggplant
Honeydew
Kiwi
Cantaloupe
Cauliflower
Broccoli

* Some sweet corn and papayas sold in the United States are GMOs, so choose organic to avoid GMO versions of these crops.