

# ASHLEY CONRAD'S 7-DAY CLUTCH CLEANSE

# FOOD LIST

## APPROVED PROTEINS

LEAN PROTEIN: SERVING SIZE 3.5 OZ.

- Clutch Protein Powder
- Clutch Baking Mix
- Organic turkey
- Organic chicken
- Wild-caught mahimahi
- Wild-caught sea bass
- Wild-caught swordfish
- Wild-caught tuna
- Wild-caught tilapia
- Eggs

## APPROVED VEGETABLES

SERVING SIZE 1-2 CUPS

- Organic cooked greens
- Organic salad greens
- Organic asparagus
- Organic cucumber
- Organic broccoli
- Organic zucchini
- Organic kale
- Organic okra
- Organic celery
- Organic spinach
- Organic arugula
- Organic cabbage
- Organic spaghetti squash

## APPROVED CARBS

SERVING SIZE: 1/3 CUP

- Organic sweet potato
- Strawberries
- Organic yams
- Blueberries
- Rolled oats
- Carrots
- Bananas
- Beets

## APPROVED HEALTHY FATS

SERVING SIZE: 1-2 TBSP

- Premium extra-virgin olive oil
- Virgin coconut oil
- Virgin pumpkin oil
- Whole chia seed
- Whole flax seed (oil)
- 1/4 avocado
- Sunflower oil
- Grapeseed oil

## NON-APPROVED FOODS

- Heavily processed foods
- Artificial ingredients
- Dairy
- Red meat
- Alcohol
- Nuts
- Soy
- Most grains, especially those containing gluten