

BUY ORGANIC CHEAT SHEET

DIRTY DOZEN:

strawberries
spinach
kale
nectarines
apples
grapes
peaches
cherries
pears
tomatoes
celery
potatoes

CLEAN 15:

avocados
sweet Corn
pineapples
cabbage
frozen sweet peas
onions
asparagus
mangoes
papayas
kiwis
eggplant
grapefruit
cantalope
cauliflower
sweet potatoes