

STRATEGIC WAYS TO STRETCH YOUR DOLLARS

THE DIRTY 12

The higher up the food chain (think large animals) the closer the meat exists to the liver or reproductive organs or glands (eggs, chicken breast, pork bellies (i.e. bacon), and ribs). The older the animal is in their life cycle when processed (i.e. beef) is typically dirtier than lamb but chicken is the exception because they are the primary meats treated with antibiotics post processing. Yuck!

The foods below are the ones that I highly recommend to purchase organic (by priority):

1. Eggs
2. Poultry
3. Meat of Any Kind
4. Strawberries
5. Domestic Blueberries
6. Apples
7. Lettuce
8. Spinach, Kale and Collard Greens
9. Sweet Bell Peppers
10. Celery
11. Cherries
12. Peaches

THE CLEAN 12

I do believe that organic is ideal but the conventional items below can really help cut food costs and can inexpensively stretch your budget! Add any vegetable - and you know I'm always pushing for these - such cabbage, eggplant, asparagus to bulk up any meal, soup, pasta, or sandwich that has organic meats with it. Enjoy!

- Onions
- Avocados
- Asparagus
- Cabbage
- Eggplant
- Sweet Potatoes
- Cantaloupe
- Watermelon
- Grapefruit
- Pineapples
- Kiwi Fruit
- Mango