




CLEAN FIFTEEN

PINEAPPLE
SWEET CORN
AVOCADOS
PAPAYA
ONIONS
FROZEN PEAS
ASPARAGUS
CABBAGE
WATERMELON
CAULIFLOWER
BANANAS
MANGOS
CARROTS
MUSHROOMS
KIWI





DIRTY DOZEN

SPINACH
STRAWBERRIES
KALE, COLLARD &
MUSTARD GREENS
GRAPES
PEACHES
CHERRIES
NECTARINES
PEARS
APPLES
BLACKBERRIES
BLUEBERRIES
POTATOS

