

# The Clean 15

- Avocados
- Corn
- Pineapples
- Cabbage
- Sweet Peas
- Onions
- Asparagus
- Mangoes
- Papayas
- Kiwi
- Eggplant
- Honeydew
- Grapefruit
- Cantaloupe
- Cauliflower

Rachel Elizabeth's

cause fitness

*...fitness for effect.*

[www.causefitness.com](http://www.causefitness.com) - source: [www.ewg.org](http://www.ewg.org)