

CLEAN EATING: COMPLEX CARBOHYDRATES

Slow-Burning Fuel for Sustained Energy

Whole Grains

- Quinoa *Gluten-Free*
- Steel Cut Oats *High Fiber*
- Brown Rice *Whole Grain*
- Buckwheat *Heart Healthy*
- Barley *Sprouted*
- Wild Rice *Antioxidant Rich*

Legumes & Beans

- Lentils *Protein Rich*
- Chickpeas *Versatile*
- Black Beans *Iron Source*
- Kidney Beans *Fiber Dense*
- Edamame *Organic Soy*
- Split Peas *Low GI*

Starchy Vegetables

- Sweet Potatoes *Vitamin A*
- Butternut Squash *Low Calorie*
- Parsnips *Potassium*
- Carrots *Beta-Carotene*
- Beets *Nitrates*
- Pumpkin *Fiber*

Fruits (High Fiber)

- Raspberries *Low Sugar*
- Apples *Pectin Fiber*
- Pears *Hydrating*
- Blueberries *Superfood*
- Blackberries *High Fiber*
- Bananas *Prebiotic*

Focus on whole, unprocessed foods. Aim for 3-5 servings of complex carbs daily.