

I've Made a Pledge to Eat Cleaner & Become a Fit Foodie For a Lifetime of Good Health



I WILL:

- ✓ **FILL HALF THE PLATE WITH FRUIT & VEGGIES**
- ✓ **CHOOSE PESTICIDE & ANTIBIOTIC-FREE OPTIONS**
- ✓ **LIMIT OIL AND STEER CLEAR OF SATURATED & TRANS FATS**
- ✓ **AVOID PROCESSED & REFINED FOODS AND SNACKS**
- ✓ **DRINK 8 GLASSES OF WATER PER DAY**

NAME



DATE

www.eatcleaner.com