

DIRTY DOZEN & CLEAN FIFTEEN

printable carry card



Cut along the dashed line and fold fit in your wallet or purse

This is such a great tool for you to have when you're at the grocery store or farmers market. Since buying organic can get expensive, this will help you save money while still limiting the amount of pesticides you are ingesting.

Pop it in your wallet and go! Or use the sheet below to print off to make your grocery list, with the friendly 'dirty dozen' and 'clean fifteen' list at the bottom.



PRE ORDER MY NEW EBOOK

**HOMEGROWN:
HOW TO START A
VEGETABLE GARDEN**

Your complete guide to everything you need to know to enjoy fresh, organic food that's homegrown by you! Now is the time!

PRE ORDER NOW!

GROCERY LIST

FRUITS & VEGETABLES

DAIRY

COLD ITEMS

FROZEN FOODS

GRAINS & SNACKS

MEAT & FISH

dirty dozen

- | | |
|-----------------|------------------|
| 1. Strawberries | 7. Cherries |
| 2. Spinach | 8. Grapes |
| 3. Nectarines | 9. Celery |
| 4. Apples | 10. Tomatoes |
| 5. Peaches | 11. Bell Peppers |
| 6. Pears | 12. Potatoes |

clean fifteen

- | | | |
|---------------|----------------|-----------------|
| 1. Sweet corn | 6. Frozen Peas | 11. Honeydew |
| 2. Avocado | 7. Papayas | 12. Kiwi |
| 3. Pineapples | 8. Asparagus | 13. Cantaloupe |
| 4. Cabbage | 9. Mangos | 14. Cauliflower |
| 5. Onions | 10. Eggplant | 15. Grapefruit |