20 INGREDIENTS FOR A WEEK OF EATING

ONE-PAN MEALS: QUICK, EASY & NO MESS

Clean Eating

Real food for a healthy, happy life.

MARCH 2018

30 New Recipes to Inspire Your Best Health

Clean Keto Bowls!

THE 100 HEALTHIEST FOODS IN STORES

Dinner Shortcuts with Clean Packaged Foods!

THE SCIENCE BEHIND THE KETO DIET

7TH ANNUAL Clean Eating CLEAN CHOICE AWARDS 2018

THE 100 HEALTHIEST FOODS IN STORES

Using some packaged products is a necessity in today's world (we know you're too busy to can your own tomatoes and mill your own flour!). To help you choose wisely, we've curated this comprehensive product guide covering snacks, pantry staples, household goods and much more – everything you'll need to stock a clean home.

BY **CLEAN EATING EDITORS**, PHOTOGRAPHY BY **GEOFFREY ROSS**

THE CLEAN CRITERIA

We reviewed hundreds of submissions to narrow down the field to these 100 outstanding products. We tasted them, scrutinized the ingredients and examined the packaging. Here's a glance at the criteria we used to select this year's winners.

1. GREEN PACKAGING Choosing products with recyclable packaging and companies with an anti-landfill policy are key considerations for us.

2. THE CONVENIENCE FACTOR Products should make your life easier – and we found plenty that do just that, saving you loads of time in the kitchen.

3. ON TREND We always keep you in the know on the newest must-try products and ingredients – this year, keep an eye out for our new adaptogen and gut health categories!

4. CLEAN, WHOLESOME INGREDIENTS Every winning product has been vetted for its ingredient list, with no additives, preservatives or fillers.

5. THE TASTE TEST Our judges tried every single product in this guide to ensure it meets our high-standards for taste. Because what good is a healthy product if it doesn't taste good?

6. TEXTURE, TOO Mouthfeel counts, too, so we look for snacks with just the right crunch and rich, creamy treats.

7. EFFECTIVE & NONTOXIC We examine the ingredient list for all household products to ensure they are free of harmful ingredients, as well as run them through the Environmental Working Group's database (if applicable) to ensure they have an "A" or "B" rating for safety against harmful toxins. We also test them vigorously to make sure they're effective.

8. EASY TO FIND Most of the winners are available in stores nationwide. In a few cases, we made an exception for a unique item that was worth ordering online.

9. ORGANIC, SUSTAINABLE & GMO-FREE Our philosophy focuses on organic, sustainably sourced and GMO-free foods, and we selected only products that are in line with that.

BEAUTY & BODY

OVERNIGHT FACIAL

NYAKIO CHAMOMILE SOOTHING SLEEP MASK

This cream face mask, formulated without sulfates, parabens or mineral oil, rejuvenates and softens skin with chamomile, calendula and aloe vera so you can wake up with a noticeable glow. **$35, ulta.com**

WAKE UP & SMELL THE ROSES

SCHMIDT'S NATURALS ROSE + VANILLA DEODORANT STICK

Plant-based powders get to work in this aluminum-free deodorant, keeping you fresh and odor-free all day long. **$9, schmidtsnaturals.com**

SO FRESH & SO CLEAN

ORAL ESSENTIALS CLEAN & FRESH TOOTHPASTE

Formulated with organic aloe vera juice, Dead Sea salt, French essential oils and Xylitol, this fluoride-free toothpaste naturally cleans your teeth and gums, leaving your mouth super-fresh. **$10, oralessentials.com**

COCONUT DREAMS

AURA CACIA ORGANIC COCONUT OIL

Whether used for skin moisturizing, hair conditioning, oil pulling or as the base for a DIY lip balm or deodorant, this unrefined coconut oil leaves behind a tropical aroma and adds softness to skin or hair. **$10, auracacia.com**

WE WOKE UP LIKE THIS

HOME HEALTH NATURAL VITAMIN E SKIN BEAUTY OIL 45,000 IU, 2.5 FL. OZ

Dab this antioxidant-rich pure vitamin E oil, sourced from botanical oils, onto your face daily and nightly for a naturally radiant glow. **$14, iherb.com**

DRY-SKIN BUSTER

SHEAMOISTURE COCONUT & HIBISCUS BRIGHTENING BODY LOTION

The trio of coconut oil, shea butter and hibiscus flower moisturizes skin while songyi mushroom naturally brightens. **$12, sheamoisture.com**

SMILE BRIGHT

DESERT ESSENCE COCONUT OIL DUAL PHASE PULLING RINSE

Brighten teeth, freshen breath and fight plaque buildup with this rinse that's formulated with organic oils like virgin coconut, sesame and sunflower, as well as tea tree and mint oils. **$10, desertessence.com**

HOUSEHOLD CLEANERS

AIR-POWERED

BREATHE BATHROOM CLEANER

We all know that aerosol is bad for the environment, but this company has created a way of achieving that same awesome spray action using air – a genius invention that allows you to clean your bathroom worry-free. **$3.50, breathecleaning.com for where to buy**

HAND-IN-GLOVE

IF YOU CARE TRADE FSC CERTIFIED HOUSEHOLD GLOVES

When moving over to responsible household products, it's easy to forget the humble dishwashing gloves. These reusable natural rubber gloves are made at a responsibly managed plantation and come in various sizes. **$4, ifyoucare.com**

NATURAL SOAP

PANGEA ORGANICS PYRENEES LAVENDER WITH CARDAMOM HAND SOAP

This hand soap has become a staple at the *CE* office – we hotly debated which scent was the favorite, but ultimately the light lavender came out on top. **$17, pangeaorganics.com**

VINEGAR WITH A TWIST

AUNT FANNIE'S FLOOR CLEANER VINEGAR WASH, SWEET MANDARIN

When it comes to natural floor cleaning, nothing works better than vinegar, but often the smell leaves something to be desired. This product adds mandarin, orange, grapefruit and juniper berry oils to give your floors a light, fresh scent. **$8, auntfannies.com**

BAMBOO ARE THE NEW TREES

REBEL GREEN TREE FREE PAPER TOWELS

Using trees to make household paper products sounds archaic when you consider that trees take many years to grow while bamboo can grow in only 3 to 4 months – making these paper towels a more eco-friendly option than conventional varieties. **$5 per two pack, rebelgreen.com**

FILL IT UP

MELIORA CLEANING PRODUCTS ALL-PURPOSE HOME CLEANER

Many store-bought cleaners contain mostly water, but this clever company packages the cleaning powder – about 1 tablespoon's worth containing only four ingredients – in a bottle and you add the water yourself, making for a lighter load for transport and ultimately a smaller carbon footprint. **$8, meliorameansbetter.com**

STONE COLD CLEAN

GRAB GREEN STONEWORKS LAUNDRY DETERGENT PODS, OLIVE LEAF, 50 LOADS

We love the cute recyclable packaging on these laundry pods without phosphates or phthalates. The olive leaf scent is subtle and fresh without being overpowering like many conventional laundry detergents. **$13, grabgreenhome.com**