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GROUND**

# EAT CLEAN

Guide to affordable regenerative meals

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# Table of Contents

01

## EAT CLEAN

About why we invite you to eat regenerative food

02

## WHERE TO FIND

Where can you find regeneratively -grown food?

03

## SHOPPING

Shopping for Regenerative Food on a Budget

04

## RECIPES

Healthy, Affordable Recipes

05

## RESOURCES

Resources for More In-Depth Research

# PREFACE

Welcome to this e-book on regenerative eating, an important topic that concerns us all. This book serves as a complement to the website [commongroundfilm.org](http://commongroundfilm.org) and aims to be a source of information and inspiration for anyone interested in exploring the power of regenerative nutrition.

In a time when the consequences of climate change and ecological degradation are becoming increasingly apparent, it is essential that we take action to restore and protect our planet. Regenerative eating is an approach to food production and consumption that focuses on nourishing people and restoring ecosystems, promoting biodiversity, and improving soil health.

In this e-book, we talk about:

- **Eat Clean:** discover the principles of regenerative eating and its positive impact on your health and the environment.
- **Finding Regeneratively-Grown Food:** learn where to find high-quality regeneratively-grown food, from local markets to community-supported agriculture programs.
- **Shopping on a Budget:** get practical tips for shopping regenerative food on a budget without compromising quality or sustainability.
- **Healthy, Affordable Recipes:** explore a collection of delicious and budget-friendly recipes that incorporate regenerative ingredients.
- **Additional Resources:** find recommended books, documentaries, websites, and organizations for further research on regenerative eating and sustainable food systems.

It is our belief that regenerative eating not only offers a solution to the challenges we currently face, but also serves as a source of hope and possibilities. By making conscious choices in our food system, we can contribute to restoring the health of our planet and creating a sustainable future for generations to come.

We invite you to explore this e-book, absorb the knowledge shared here, and embark on your own journey toward regenerative eating. Together, we can bring about positive change and make a difference. Let us raise our voices, kiss the ground, and nourish ourselves with a vision of hope, health, and resilience.

Best regards,

Josh & Rebecca Tickell

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**1**

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# 2023 Clean Fifteen List

The fruits and veggies with the least pesticide residues



1. Avocado



2. Sweet Corn



3. Pineapples



4. Onions



5. Papayas



6. Sweet Peas  
(frozen)



7. Asparagus



8. Honeydew  
Melon



9. Kiwi



10. Cabbage



11. Mushrooms



12. Mangoes



13. Sweet  
Potatoes



14. Watermelon



15. Carrots

\*A small amount of sweet corn, papaya and summer squash sold in the United States is produced from genetically modified seeds. Buy organic varieties of these crops if you want to avoid genetically modified produce

## EAT CLEAN

Clean eating focuses on consuming food that is minimally processed and free from artificial additives, while prioritizing fresh, whole ingredients. One essential aspect of clean eating is being mindful of pesticide contamination in produce. By choosing fruits and vegetables with lower pesticide levels, we not only reduce our exposure to potentially harmful chemicals but also support healthier soil and ecosystems.

The Environmental Working Group (EWG) provides a helpful resource called the Dirty Dozen and Clean Fifteen, which categorizes produce based on their average pesticide contamination levels. By referencing this list, we can make informed decisions about which foods to prioritize as part of our clean eating journey, promoting both our personal well-being and the sustainability of our environment.

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**2**

**WHERE CAN I BUY  
REGENERATIVE FOOD?**

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# WHERE CAN I BUY REGENERATIVE FOOD?

- **Local Farmers' Markets:** Explore the vibrant world of local farmers' markets, where farmers and producers gather to offer an array of fresh, seasonal, and locally-sourced food. Engage with your community, support local agriculture, and enjoy the opportunity to connect directly with the people who grow your food. Farmers' markets are not only a great place to find regeneratively-grown produce but also offer an enjoyable shopping experience filled with unique flavors and a sense of community.
  - [USDA Local Food Directories](#)
  - [Farmer's Market Finder \(West Coast only\)](#)
- **Community Gardens:** Discover the joys of community gardening, where individuals come together to cultivate shared plots of land. Community gardens provide a space for people to grow their own food, fostering a sense of community and connection with nature. By participating in a community garden, you can contribute to regenerative practices, learn from experienced gardeners, and enjoy the fresh produce you help cultivate.
  - [Community gardens](#)
- **Food Co-ops and Buying Clubs:** Join a food co-op or a buying club to access a wide range of regenerative and organic food options. These community-based initiatives allow members to collectively purchase food in bulk directly from farmers or distributors. By pooling resources and supporting local producers, food co-ops and buying clubs offer affordable access to high-quality, sustainable food while promoting regenerative farming practices.
  - [Find a co-op](#)



- Local Farm CSAs: Consider joining a Community Supported Agriculture (CSA) program offered by local farms. CSAs provide a direct relationship between consumers and farmers, where members receive regular shares of fresh produce throughout the growing season. By participating in a CSA, you support regenerative farming practices, receive a variety of seasonal produce, and gain a deeper understanding of where your food comes from.
  - [USDA CSA Directory](#)
- Online Farmers' Markets and Delivery Services: Embrace the convenience of online farmers' markets and delivery services that bring fresh, regeneratively-grown food directly to your doorstep. These platforms connect consumers with local farmers and artisans, offering a wide range of products that prioritize sustainability and quality. With just a few clicks, you can access a diverse selection of regenerative food and support local producers without leaving your home
  - [Misfits Market](#)
  - [Thrive Market](#)



- Food Cooperatives and Discount Stores: Discover the benefits of food cooperatives and discount stores that focus on providing affordable, sustainably-sourced food options. These community-oriented establishments often prioritize regenerative and organic products, making them accessible to a wider range of consumers. By shopping at food cooperatives or discount stores, you can support both your health and the health of the environment through conscious purchasing decisions.
- Gardening and Growing Your Own Food: Start a small garden at home or participate in a community garden plot
  - Tips: Use Youtube! Make your own compost and use it to fertilize your garden.
  - Test your soil for [heavy metals](#). Make sure you have enough sunlight and water.
  - Composting: food, paper, yard trimmings, wood... Layer “browns” (dead leaves, twigs, paper) with “greens” (grass clippings, food scraps, coffee grounds) in a compost pile or bin to close the nutrient cycle and put these materials to good use in the form of rich gardening soil.

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**3**

**SHOPPING FOR  
REGENERATIVE FOOD ON A  
BUDGET**

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# SHOPPING FOR REGENERATIVE FOOD ON A BUDGET

- **Plan Ahead:** Take a few minutes each week to plan your meals and create a shopping list. This helps avoid impulse buys and ensures you only purchase what you need
- **Buy in Bulk:** Consider buying staple items such as rice, beans, oats, and pasta in bulk. These items are often cheaper when purchased in larger quantities and provide long-lasting pantry staples.
- **Seasonal and Local Produce:** Look for seasonal fruits and vegetables, as they tend to be more affordable, nutrient dense, and flavorful. If possible, explore local farmers' markets or community-supported agriculture (CSA) programs for budget-friendly fresh produce.
- **Frozen and Canned Options:** Frozen and canned fruits and vegetables can be more affordable and still offer nutritional value. Choose options without added sugars or sodium, and prioritize vegetables with minimal processing.
- **Affordable Protein Sources:** Incorporate budget-friendly protein sources such as eggs, canned tuna, canned beans, lentils, and tofu into your meals.

- 
- Check for Sales and Coupons: Keep an eye out for sales and coupons in local grocery stores or online. Take advantage of discounts!
  - Comparison Shop: Compare prices at different grocery stores in your area to find the best deals. Consider visiting discount stores or ethnic markets, which often offer lower prices on certain items.
  - Prepare Meals at Home: Cooking meals at home allows you to have control over the ingredients and portion sizes, saving money compared to eating out.

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**HEALTHY, AFFORDABLE  
RECIPES**

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# HEALTHY, AFFORDABLE RECIPES

\*For these to be regenerative, do your best to buy regeneratively sourced products  
\*\*Quantities are excluded to allow you to make as much as you want. If you want more specifics, click on the title links to be redirected to a more detailed recipe

## BREAKFAST:

Overnight oats - A quick and simple breakfast  
(\$2.26 RECIPE / \$0.57 SERVING) \*Prices are approximate

- Ingredients
  - Oats
  - Milk - cow or alternative
  - Any topping to spice things up - we suggest fruit, dried, frozen, or fresh, nuts, honey, peanut butter, chocolate chips, and cinnamon
- Recipe
  - Pour oats into a container (you can use any old container, including a glass or a jar with a lid if you want to take it to go)
  - Add toppings (I like to layer the toppings with oats)
  - Pour milk until it covers the oats
  - Put it in the fridge and let it rest overnight, it'll be ready by morning!





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“Eating healthy food fills your body with energy and nutrients. Imagine your cells smiling back at you and saying: “Thank you!”.”

– Karen Salmansohn –

# HEALTHY, AFFORDABLE RECIPES

## LUNCH:

“Spring” Pasta Primavera - A simple, seasonal meal that’s just as good fresh as it is as a leftover

(\$5.96 RECIPE / \$1.49 SERVING) \*Prices are approximate

- Ingredients:
  - Pasta - we suggest any short pasta, but any kind will do
  - Seasonal vegetables - if you’re in season, we suggest carrots, squash, zucchini, onion, garlic, cherry tomatoes, peas
  - Lemon juice (as garnish)
  - Olive Oil
  - Salt, pepper, or any other seasoning you might like
- Recipe:
  - Boil a large pot of salted water
  - While the water heats up, cut your vegetables to your preferred length (½ inch is standard)
  - Add the pasta to the boiling water, reduce the heat to a simmer, and follow the instructions on the box to cook the pasta
  - In a large pan, add olive oil and sauté the vegetables over medium heat for about 2-4 minutes
  - Drain the pasta and either add it to the pan with the vegetables or transfer the pasta and vegetables to a large bowl
  - Garnish with salt and pepper, lemon juice, and enjoy!



# HEALTHY, AFFORDABLE RECIPES

## DINNER:

[Easy teriyaki chicken](#) - An easy, delicious, and low-budget way to cook chicken. Plan ahead and meal prep to make this extra quick!  
([\\$6.34 RECIPE](#) / [\\$1.27 SERVING](#))

- Ingredients:
  - Chicken thighs - as many as you want, boneless, skinless if you prefer
  - Teriyaki sauce - if you want to make your own, check the link to the recipe
  - Steamed broccoli and rice are an easy pairing for teriyaki chicken
- Recipe:
  - Place the chicken in a large bowl and coat with teriyaki sauce
  - Let the chicken marinate for 30 minutes or up to a day
  - If you'd like to pair the chicken with broccoli, rice, or anything else, this is a good time to cook that
  - When you're ready to cook, heat a large pan on medium heat and add cooking oil
  - Add the chicken to the pan and cook for about 5-7 minutes on each side, you can dispose of leftover teriyaki sauce
  - Transfer to a cutting board, cut the chicken, and serve!



# HEALTHY, AFFORDABLE RECIPES

## More everyday recipes:

Garden vegetable quinoa soup - A nutritious recipe you can easily freeze for rainy days  
(\$6.87 RECIPE / \$0.86 SERVING)

- Ingredients:

- Quinoa - Quinoa is a “complete protein”, meaning it contains all nine essential amino acids. Since it may be expensive, you can substitute it for barley, pasta, or rice
- Garden vegetables - we suggest garlic, onions, carrots, celery, tomatoes, spinach, etc
- Beans - we suggest kidney beans
- Spices - we suggest paprika, oregano, black pepper, dried basil
- Water or broth if you have any and olive oil

- Recipe:

- Cut vegetables to desired size
- Add olive oil, minced garlic, and diced onions to a large pot, sauté over medium-low heat until soft/transparent
- Next, add carrots and celery and sauté until they begin to soften
- While the vegetables cook, rinse the quinoa under cold water and drain the beans
- Add quinoa, water (look at quinoa packaging for quantity) beans, diced tomatoes, and spices to the pot. Turn heat to medium high, bring to a boil and then reduce to a simmer.
- Cook for 25 minutes or until quinoa is tender

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**5**

**RESOURCES FOR MORE IN-  
DEPTH RESEARCH**

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# RESOURCES FOR MORE IN-DEPTH RESEARCH

## Nutrition Assistance Programs:

1. [SNAP \(Supplemental Nutrition Assistance Program\)](#): SNAP is a federal assistance program in the US that provides eligible low-income individuals and families with funds on an EBT (debit) card to buy food. Eligibility is based on income and household size. Contact local social services or visit the SNAP website for more information.
2. [Women, Infants, and Children \(WIC\)](#): Provides food vouchers, education, and support specifically for low-income families.
3. [Local Food Banks and Pantries](#): Use this [link](#) to find nearby food banks and pantries that can provide additional assistance during challenging times. They often offer fresh produce, canned goods, and other essential items.

## Cooking and Nutrition Education:

1. Look out for the [Dirty Dozen and Clean Fifteen](#) - Based on tests conducted by the USDA and the FDA, this list represents the produce that is on average more contaminated by pesticides (Dirty Dozen) or less contaminated (clean fifteen).

- [Online Budget-Friendly Recipe Platforms](#):

- [Budget Bytes](#)
- [Good and Cheap \(eBook\)](#)
- [Feeding America's HungerandHealth.org](#)
- [Soul Fire Farm - No Kitchen, No Money, No Time](#)
- [Soul Fire Farm - More recipes](#)
- [Dr Hyman recipes](#)

- [Other resources](#)

- [GrassRoots Farmer Coop \(Higher budget meats and recipes\)](#)
- [Regenerative farmers of America guide to regenerative brands](#)
- [Certification Guide](#)

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**WANT TO BE  
PART OF THE  
REVOLUTION?**

Join the movement!!

