



Veggie & Fruit Wash



Ingredients

- 1 Tbsp fresh squeezed lemon juice (organic is best—natural disinfectant)
- 1 cup distilled white vinegar (for extra disinfectant power)
- 2 cups cold, filtered water
- (Opt): sprinkle of salt

Directions

1. Pour the lemon juice, vinegar, and water into a clean spray bottle.
2. Add a sprinkle of salt (if using), then cap and shake until mixed.

Application

1. Spray on fruits and veggies, let sit for 5 minutes, scrub if needed, then rinse with cold, filtered water.
2. For berries/lettuce: Fill a bowl with filtered water, add a few sprays, soak for 5 minutes, swish, drain, and rinse.

Notes

- Double the batch for a big produce haul—my family eats like it's a race.
- Use organic lemon and filtered water—don't sabotage your clean eating.

Bonus Tips (Wise & Wild Style)

- **Bug Buster:** Add a sprinkle of salt to the bowl—flushes bugs from leafy greens, rinse well.
- **Eat Clean!** Eat organic produce only, grow your own or befriend your local, regenerative farmer!

