

Clean Eating Grocery List



VEGETABLES

- ☐ Acorn Squash
- ☐ Arugula
- ☐ Asparagus
- ☐ Broccoli
- ☐ Brussel Sprouts
- ☐ Butternut Squash
- ☐ Cabbage
- ☐ Carrots
- ☐ Cauliflower
- ☐ Collard Greens
- ☐ Cucumber
- ☐ Garlic
- ☐ Kale
- ☐ Leaf lettuce
- ☐ Romaine lettuce
- ☐ Mustard greens
- ☐ Onion
- ☐ Peas
- ☐ Peppers
- ☐ Zucchini

MEAT AND DAIRY

- ☐ Grass Fed Beef
- ☐ Antibiotic free chicken
- ☐ Wild Alaskan Salmon
- ☐ Ground Turkey (antibiotic-free)
- ☐ Eggs
- ☐ Block Cheese (like Cheddar)
- ☐ Plain fullfat yogurt
- ☐ Raw Milk
- ☐ Full-fat pasteurized
- ☐ Grass Fed Butter (Kerrygold)

FRUITS

- ☐ Apple
- ☐ Banana
- ☐ Fruits
- ☐ Blackberries
- ☐ Blueberries
- ☐ Grapes
- ☐ Grapefruit
- ☐ Kiwi Fruit
- ☐ Lemon
- ☐ Lime
- ☐ Mango
- ☐ Orange
- ☐ Papaya
- ☐ Pear
- ☐ Pineapple
- ☐ Strawberries
- ☐ Watermelon

GRAINS AND BEANS

- ☐ Jasmine Rice
- ☐ Oatmeal
- ☐ Millet
- ☐ Popcorn
- ☐ Ezekial Bread
- ☐ Dave's Killer Bread
- ☐ Ezekial Tortillas
- ☐ Corn Tortillas
- ☐ Lentil Pasta
- ☐ Cauliflower and Lentil Pasta
- ☐ Brown Rice Pasta
- ☐ Lentils
- ☐ Black Beans
- ☐ Black Eyed Peas
- ☐ Pinto Beans

PANTRY STAPLES

- ☐ Real Salt or Himalayan Salt
- ☐ Braggs Apple Cider Vinegar
- ☐ Sprouted Wheat Flour
- ☐ Einkorn Wheat Flour
- ☐ Coconut Flour
- ☐ Coconut Milk
- ☐ Honey
- ☐ Stevia
- ☐ Maple Syrup
- ☐ Sucanat
- ☐ Lemon Juice
- ☐ Garlic, Basil, Oregano etc.

OILS

- ☐ Cold-Pressed Avocado oil
- ☐ Virgin Coconut oil
- ☐ Expeller Pressed Sesame Oil
- ☐ Extra Virgin Olive oil
- ☐ Grass Fed Tallow
- ☐ Unrefined Palm Oil

HEALTHY SNACK

- ☐ Jif Natural Peanut Butter
- ☐ Pumpkin Seeds
- ☐ Almonds
- ☐ Applesauce
- ☐ RX Bar
- ☐ Larabar
- ☐ Good Health Inc. Avocado oil
- ☐ Potato Chips
- ☐ Dang Coconut Chips
- ☐ Inka Crops Plantain Chips