

Clean Eating Grocery List

VEGETABLES

- Asparagus
- Sweet potatoes
- Onions
- Bell peppers
- Broccoli
- Romaine lettuce
- Spinach
- Kale
- Arugula
- Grape tomatoes
- Jalapenos
- Edamame
- Carrots
- Celery
- Cucumbers
- Zucchini
- Cauliflower
- Eggplant
- Brussels sprouts
- Mushrooms
- Butternut squash
- Pumpkin
- Acorn Squash
- Spaghetti squash
- Green beans
- Peas

HERBS

- Garlic
- Basil
- Cilantro
- Parsley
- Dill
- Chives
- Rosemary

FRUIT

- Apples
- Avocados
- Bananas
- Blueberries
- Lemons
- Limes
- Watermelon
- Pineapple
- Raspberries
- Strawberries
- Blackberries
- Cherries
- Mango
- Dates
- Grapes

MEAT & SEAFOOD

- Lean ground turkey
- Lean ground chicken
- Boneless, skinless chicken
- Wild salmon
- Shrimp
- Turkey bacon
- Tuna

DAIRY

- Organic or free pasture eggs
- Unsweetened almond milk
- Plain greek yogurt
- Goat cheese
- Feta cheese
- Full fat cheese
- 2% Cottage Cheese

BEANS & LEGUMES

- Black beans
- Chickpeas/garbanzo beans
- Kidney beans
- Edamame
- Lentils
- Hummus

NUTS & SEEDS

- All natural nut butters
- Sunflower seeds
- Chia seeds
- Flax seeds
- Hemp seeds
- Pumpkin seeds
- Almonds
- Cashews
- Walnuts
- Pistachios
- Brazil Nuts
- Hazelnuts

GRAINS

- Sprouted bread
- Brown rice
- Black rice
- Whole wheat pasta
- Brown Rice Pasta
- Quinoa
- Rolled oats
- 100% whole wheat tortillas

BAKING SUPPLIES

- Baking powder
- Baking soda
- Coconut sugar
- Unsweetened applesauce
- Cocoa powder
- Honey/Agave nectar/Maple syrup/Coconut Palm Syrup
- Whole wheat flour
- Unsweetened coconut
- Coconut flour
- Almond meal/flour
- Chickpea flour
- Quinoa flour
- Oat Flour
- Dairy free chocolate chips
- Dark chocolate bars

PANTRY STAPLES

- Chili powder
- Garlic powder
- Onion powder
- Dried oregano
- Cumin
- Salt & Pepper
- Red pepper flakes
- Cayenne pepper
- Allspice
- Sesame seeds
- Olive oil
- Avocado oil
- Coconut Oil
- Sesame oil
- Gluten Free Soy sauce
- Chili paste
- Hot sauce
- Apple cider vinegar
- Red wine vinegar

