

Clean Eating Grocery List

PRODUCE:

- Apples (Organic if possible)
- Oranges/Clementine/Grapefruit
- Bananas
- Berries—Strawberries, Raspberries, Blueberries, etc.
- Kiwi
- Grapes
- Melons
- Carrots
- Snap Peas
- Broccoli
- Asparagus
- Spinach
- Romaine Lettuce
- Mushrooms
- Cucumbers
- Avocados
- Sweet Potatoes
- Spaghetti Squash
- Zucchini

MEAT:

- Chicken Breasts
- Ground Chicken
- Ground Turkey
- Ground Pork
- Pork Loin Chops
- Pork Loin Roast
- Ground Beef
- Steak
- Salmon
- Low Sodium Deli Meat

DAIRY:

- Almond Milk
- Coconut Water/Milk
- Cheese Sticks
- Cottage Cheese
- Greek Yogurt
- Ricotta Cheese
- Shredded Cheeses
- Eggs
- Real Butter

BAKING/COOKING:

- Coconut Oil
- Extra Virgin Olive Oil
- Stevia Liquid Drops
- Balsamic Vinegar
- Almond or Coconut Flour

FREEZER:

- Chicken Breasts
- Salmon
- Frozen Vegetables
- Frozen Fruit (No Sugar Added)

GRAINS:

- Whole Wheat Tortillas
- Whole Wheat Pasta
- Whole Wheat Bread
- Steel Cut Oats or Old Fashioned Plain Oatmeal
- Brown Rice
- Quinoa
- Whole Grain Cereal or Granola

NUTS/SEEDS:

- Almonds
- Cashews
- Pecans
- Peanuts
- Sunflower Seeds
- Chia Seeds
- Flax Seeds
- Natural Nut Butters

CANNED GOODS:

- Water Packed Tuna
- Chickpeas
- Black Beans
- Natural or Organic Crushed Tomatoes
- Low Sodium Natural Chicken Broth

PANTRY STAPLES:

- Dried Herbs & Spices (Preferably Organic)
- Pink Himalayan Salt
- Black Pepper
- Bragg's Coconut Aminos (Soy Sauce Substitute)

BEVERAGES:

- Sparkling Water
- Green Tea
- Herbal Teas

