

CLEAN EATING GROCERY LIST

MEAT

- Beef
- Bacon
- Chicken
- Pork
- Turkey

FISH AND SEAFOOD

- Cod
- Salmon
- White Fish

GRAINS/PROTEIN

- Black Beans
- Brown Rice
- Buckwheat
- Chickpeas
- Lentils
- Millet
- Oatmeal
- Pinto Beans
- Quinoa
- Spelt
- Tahini
- Tempeh
- Taro
- Wheat

SEEDS AND NUTS

- Almonds
- Cashews
- Flax Seed
- Hazelnuts
- Peanuts
- Pecans
- Pumpkin Seeds
- Sunflower Oil
- Sunflower Seeds
- Walnuts

CONDIMENTS/OILS

- Apple Cider Vinegar
- Balsamic Vinegar
- Honey
- Lemon Juice
- Lime Juice
- Mustard
- Rice Vinegar
- Salsa
- Tomato Sauce

VEGETABLES

- Artichoke
- Asparagus
- Aubergine
- Avocado
- Beets
- Broccoli
- Brussels Sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery
- Chard
- Cilantro
- Collard Greens
- Cucumber
- Eggplant
- Garlic
- Ginger
- Green Beans
- Kale
- Leeks
- Lemon Grass
- Lettuce
- Lentils
- Leek
- Mushroom
- Okra
- Onions
- Parsley
- Parsnips
- Peppers
- Potatoes
- Pumpkins
- Radishes
- Rhubarb
- Rutabagas
- Shallots
- Sweet Peas
- Spinach
- Squash
- Soybeans
- Tomatoes
- Turnips
- Yams
- Zucchini

DAIRY

- Almond Milk
- Eggs
- Rice Milk
- Soy Milk
- Yogurt (Plain, Unsweetened)

FRUIT

- Apples
- Berries
- Cherries
- Coconuts
- Cinnamon
- Crops
- Kiwi
- Lemons
- Limes
- Mango
- Melons
- Nectarines
- Oranges
- Papaya
- Peas
- Pineapple
- Plums
- Pomegranate
- Tangerines

FOODS TO AVOID

- ✘ Processed Food
- ✘ Trans Fats
- ✘ Saturated Fats
- ✘ Packaged Meats
- ✘ Fast Food
- ✘ Refined Sugars
- ✘ Fruit Juice
- ✘ Candy
- ✘ Carbonated Beverages
- ✘ Fatty Meats
- ✘ Preservatives
- ✘ Alcohol