



# Clean Eating FOR BEGINNERS

## SHOPPING LIST

### MEATS

- 1.) Venison
- 2.) Buffalo
- 3.) White Pork
- 4.) Fish (Salmon White Tuna, Cod)
- 5.) Shellfish
- 6.) Nitrate Free Bacon
- 7.) Lean Beef (Small Amounts)

### POULTRY

- 1.) White Chicken (Ground & Breast Meat)
- 2.) Lean Turkey (Ground & Breast Meat)
- 3.) Duck
- 4.) Goose Meat
- 6.) Omega-3 Enriched Eggs

- ### PRODUCE
- 1.) Fresh or Frozen Organic Fruit (Blueberries, Raspberries, Strawberries, Blackberries, Pineapple, Apples, Mango, Grapefruit, Bananas, Cherries)
  - 2.) Fresh Organic/Non-GMO Vegetables (Spinach, Kale, Onions, Peppers, Jalapenos, Cabbage, Broccoli, Scallions, Garlic, Carrots, Squash, Eggplant, Zucchini, Mushrooms)

- ### DAIRY & NON
- 1.) Silk Almond, Soy, Coconut Milk
  - 2.) Good Karma Flax & Rice Milk
  - 3.) Lifeway Kefir & Frozen Kefir
  - 4.) Fage Greek Yogurt
  - 5.) All Natural Cheeses
  - 6.) All Natural Ice Cream & Frozen Yogurt
  - 7.) Cottage Cheese
  - 8.) Real Butter

- ### BREAD
- 1.) Whole Wheat
  - 2.) Whole Grain
  - 3.) Ezekiel Sprouted Grain
  - 4.) Udi's Gluten Free

### FLOUR & GRAINS

- 1.) Whole Wheat
- 2.) Brown Rice
- 3.) Garbanzo Bean
- 4.) Almond
- 5.) Rolled & Steel Cut Oats

### CONDIMENTS

- 1.) Yellow Mustard
- 2.) Bolthouse Farms Salad Dressings
- 3.) Organic Ketchup
- 4.) Nasoya Nayoanise
- 5.) Frank's Red Hot
- 6.) Two Fat Guys BBQ Sauce
- 7.) Salsa
- 8.) PB2 Powdered Peanut Butter

### SWEETENERS

- 1.) Real Pure or Manuka Honey
- 2.) Real Maple Syrup
- 3.) Stevia In The Raw
- 4.) Monk Fruit In The Raw
- 5.) Coconut Palm Sugar
- 6.) Black Strapp Molasses

### OILS

- 1.) Extra Virgin Olive Oil
- 2.) Tropical Traditions Virgin Coconut Oil
- 3.) Flax Oil
- 4.) Walnut Oil
- 5.) Grape Seed Oil

### DRINKS

- 1.) Organic Green & Black Tea
- 2.) Aloe Juice
- 3.) Organic Lemon, Lime & Pomegranate Juice
- 4.) GoodBelly Probiotic Juices
- 5.) Coconut Water
- 6.) Water
- 7.) Coffee

### BEANS

- 1.) Beans
- 2.) Legumes
- 3.) Pulses
- 4.) Cacao Nibs & Powder

### SEEDS

- 1.) Chia
- 2.) Hemp
- 3.) Flax Seeds (Milled)
- 4.) Sesame
- 5.) Pumpkin

### NUTS

- 1.) Almonds
- 2.) Walnuts
- 3.) Cashews
- 4.) Pecans
- 5.) Coconut
- 6.) Peanuts
- 7.) Pistachios

### HERBS & SPICES

- |                                 |              |
|---------------------------------|--------------|
| 1.) Sea Salt                    | 14.) Curry   |
| 2.) Black Pepper                | 15.) Nutmeg  |
| 3.) Turmeric                    | 16.) Ginger  |
| 4.) Rosemary                    | 17.) Dill    |
| 5.) Oregano                     | 18.) Cloves  |
| 6.) Pure Vanilla                | 19.) Paprika |
| 7.) Balsamic Vinegar            | 20.) Sage    |
| 8.) Fennel Seeds                | 21.) Thyme   |
| 9.) Red Pepper Flakes           | 22.) Parsley |
| 10.) Cayenne Pepper             | 23.) Basil   |
| 11.) Cinnamon                   | 24.) Mint    |
| 12.) Braggs Apple Cider Vinegar |              |
| 13.) Braggs Liquid Aminos       |              |