

Cassey's Clean Eating Grocery List

Blogilates

These are generally the things I buy to keep an eat-clean fridge and nutritiously stocked pantry!

Veggies

Kale	Alfalfa Sprouts
Spinach	Lettuce
Broccoli	Bok Choy
Brussel sprouts	Collard Greens
Asparagus	Zucchini
Cabbage	Carrots
Green Beans	Beets

(Basically any in season veggie is good to go!)

Protein

Chicken Breast	Shrimp
Eggs	Tuna
Salmon	Lean turkey meat
Tilapia	Tempeh
(or any white fish)	Tofu
Scallops	

Grains & "Good Carbs"

Oatmeal	Black Rice
Quinoa	Wild Rice
Brown Rice	Amaranth
Buckwheat	Ezekiel Bread
Barley	Sweet Potato

Fruits

Blueberries	Mangos
Strawberries	Papaya
Raspberries	Avocados
Apples	Tomatoes
Bananas	
Lemon (great as condiment)	

Fats & Oils

Raw Almonds	Coconut Oil
Raw Sunflower Seeds	Extra Virgin Olive Oil
All Natural Peanut Butter (no sugar, no salt added)	Flax Seed
All Natural Almond Butter (no sugar, no salt added)	Chia Seed

Dairy

Nonfat or Lowfat
Greek Yogurt
Almond "Milk"
Lowfat cottage cheese

Legumes

Edamame
Black Beans
Garbanzo beans
(chick peas)
Lentils

Condiments + Seasonings

Salsa	Hummus
Sriracha	Raw honey
Tabasco Sauce or Tabanero Hot Sauce	Stevia
Low sodium soy sauce	Mrs. Dash
	Apple Cider Vinegar

Rules

1. Try to steam, bake, grill, or eat raw!
2. Fill the majority of your plate with veggies!
3. Eat fruit for dessert.
4. Drink at least 64 oz of water a day!