

YOUR CLEAN EATING GROCERY LIST

PRODUCE



(choose in-season options)

Vegetables:

- Cucumber
- Romaine lettuce
- Mushrooms
- Green beans
- Asparagus
- Broccoli
- Squash
- Turnip
- Spinach
- Onions
- Garlic
- Celery
- Sweet Potatoes
- Potatoes
- Zucchini (*baby squash*)
- Tomato

Fruit

- Fresh berries (*blueberries, blackberries, raspberries, strawberries*)
- Apples
- Bananas
- Pears
- Avocado
- Un-sweetened dried fruit (*apricots, cranberries, raisins, apples, prunes, figs, dates*)

BAKERY



- Whole-grain breads
- Brown rice wraps
- Whole-grain wraps (*Ezekiel wraps*)

MEAT, POULTRY, SEAFOOD, & MEAT ALTERNATIVES



- Chicken breast
- Pork tenderloin
- Salmon
- Tilapia, cod, or other white fish
- Firm and silken tofu
- Textured vegetable protein
- Beef tenderloin
- Bison
- Lean ground turkey
- Lean ground chicken

DAIRY



- Eggs (*omega-3 variety*)
- Skim milk
- Fat-free soymilk, rice milk or almond milk
- Fat-free, sugar-free plain yogurt
- Olive oil-based margarine
- Kefir

NUTS, SEEDS, OILS, AND SNACKS



- Unsalted almonds, cashews, walnuts
- Unsalted sunflower seeds
- All-natural nut & seed butters (*almond, cashew, peanut, tahini*)
- Flaxseed
- Extra-virgin olive oil
- Safflower oil
- Pumpkin oil
- Pam (*or non-stick spray*)
- Other exotic oils

CEREALS



- Muesli
- Weetabix
- Kashi Go Lean
- Shredded Wheat
- All-Bran
- Steel-cut oats
- Cream of Wheat

DRY GOODS



- Brown rice
- Wheat germ
- Oats
- Oat bran
- Quinoa
- Bulgur
- Millet
- Baking soda
- Whole-wheat flour
- Baking powder
- Vanilla, best quality
- Sea salt
- Sugar substitute (*Agave nectar, Sucanat, Rapadura, stevia*)
- Other whole-grain flours (*quinoa, amaranth, spelt*)
- Spices (*cumin, nutmeg, cinnamon*)

CANNED GOODS



- Chickpeas
- Beans (*navy, white, kidney, etc.*)
- Lentils
- Tomatoes (*crushed or whole*)
- Water-packed tuna
- Water-packed salmon
- Low-fat, sugar-free, low-sodium soups
- Low-sodium corn and peas
- Tomato paste
- Low-sodium chicken or vegetable stock

CONDIMENTS



- Mustard
- Salsa
- All-natural, sugar-free tomato sauce
- Unsweetened, organic applesauce
- Honey

BEVERAGES



- Green tea
- Maca tea
- Tulsi tea
- Coffee
- Bottled water

MISCELLANEOUS



- Balsamic vinegar
- Rice vinegar
- Lemon juice
- Lime juice
- Apple cider vinegar
- _____
- _____
- _____
- _____
- _____



Top Nutrition Tips:

- Eat 5 – 6 small meals a day (3 meals and 2 – 3 snacks)
- Avoid processed foods
- Eliminate added sugars
- Cut back on starch (white rice, white flour)
- Eat complex carbs (fiber)
- Eat some protein with every meal
- Eat lots of veggies