

Clean Eating & GROCERY LIST

THE PAPER & PLAN CO.

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|---|--|
| <input type="checkbox"/> BONELESS SKINLESS CHICKEN BREAST | <input type="checkbox"/> STRAWBERRIES |
| <input type="checkbox"/> 93% LEAN GROUND BEEF | <input type="checkbox"/> EZEKIEL BRAND BREAD |
| <input type="checkbox"/> SALMON | <input type="checkbox"/> NONFAT, GREEK YOGURT |
| <input type="checkbox"/> COD OR PACKAGED TUNA | <input type="checkbox"/> UNSWEETENED ALMOND MILK |
| <input type="checkbox"/> 99% FAT FREE GROUND TURKEY | <input type="checkbox"/> GLUTEN FREE CEREAL |
| <input type="checkbox"/> SWEET POTATOES | <input type="checkbox"/> OLD-FASHIONED OATS |
| <input type="checkbox"/> ASPARAGUS | <input type="checkbox"/> GLUTEN FREE PASTA |
| <input type="checkbox"/> GREENBEANS | <input type="checkbox"/> EGGS AND/OR LIQUID EGG WHITES |
| <input type="checkbox"/> SPINACH | <input type="checkbox"/> BROWN RICE OR WILD RICE |
| <input type="checkbox"/> BROCCOLI | <input type="checkbox"/> QUINOA |
| <input type="checkbox"/> CELERY | <input type="checkbox"/> NUTS |
| <input type="checkbox"/> KALE | <input type="checkbox"/> CHIA SEEDS |
| <input type="checkbox"/> TOMATOES | <input type="checkbox"/> HONEY |
| <input type="checkbox"/> SPAGHETTI SQUASH | <input type="checkbox"/> PURE MAPLE SYRUP |
| <input type="checkbox"/> ONIONS | <input type="checkbox"/> SPICES/FRESH HERBS |
| <input type="checkbox"/> FRESH GARLIC | <input type="checkbox"/> GLUTEN FREE BAKING MIX |
| <input type="checkbox"/> BLACK BEANS | <input type="checkbox"/> ALMOND FLOUR |
| <input type="checkbox"/> MUSHROOMS | <input type="checkbox"/> COCONUT FLOUR |
| <input type="checkbox"/> CUCUMBERS | <input type="checkbox"/> ENJOY LIFE BRAND MINI CHOCOLATE CHIPS |
| <input type="checkbox"/> BELL PEPPERS | <input type="checkbox"/> DRIED CRANBERRIES |
| <input type="checkbox"/> AVOCADOS | <input type="checkbox"/> FETA CHEESE |
| <input type="checkbox"/> APPLES | <input type="checkbox"/> LOW-SODIUM CHICKEN BROTH |
| <input type="checkbox"/> BANANA | <input type="checkbox"/> SUN-DRIED TOMATOES |
| <input type="checkbox"/> BLUEBERRIES | <input type="checkbox"/> EXTRA VIRGIN OLIVE OIL |
| <input type="checkbox"/> BLACKBERRIES | <input type="checkbox"/> ORGANIC BUTTER |