

# CLEAN EATING GROCERY LIST



## GROCERY SHOPPING LIST:

- BONELESS, SKINLESS CHICKEN BREAST
- 93% LEAN GROUND BEEF (EAT 1-2 TIMES A WEEK)
- SALMON (EAT 1 TIME A WEEK)
- WHITE FISH SUCH AS COD OR PACKAGED TUNA
- 99% FAT FREE GROUND TURKEY
- SWEET POTATOES
- ASPARAGUS
- GREEN BEANS
- SPINACH
- BROCCOLI
- CELERY
- KALE
- TOMATOES
- SPAGHETTI SQUASH
- ONIONS
- FRESH GARLIC
- BLACK BEANS (DRIED OR CANNED WITH LOW SODIUM)
- MUSHROOMS
- CUCUMBERS
- BELL PEPPERS
- AVOCADOS
- APPLES
- BANANA
- BLUEBERRIES
- BLACKBERRIES
- STRAWBERRIES
- EZEKIEL BRAND BREAD (USUALLY IN THE FREEZER SECTION)
- NONFAT, GREEK YOGURT (PLAIN IF ADDING TO SMOOTHIES)
- UNSWEETENED ALMOND MILK
- GLUTEN FREE CEREAL
- OLD-FASHIONED OATS
- GLUTEN FREE PASTA
- EGGS AND/OR LIQUID EGG WHITES
- BROWN RICE/WILD RICE
- QUINOA
- NUTS (ALMONDS, PEANUTS, CASHEWS, WALNUTS, ETC.)
- CHIA SEEDS
- HONEY
- PURE MAPLE SYRUP
- SPICES/FRESH HERBS
- GLUTEN FREE BAKING MIX
- ALMOND FLOUR
- COCONUT FLOUR
- ENJOY LIFE BRAND MINI CHOCOLATE CHIPS
- DRIED CRANBERRIES
- FETA CHEESE
- LOW-SODIUM CHICKEN BROTH
- SUN-DRIED TOMATOES
- EXTRA VIRGIN OLIVE OIL
- ORGANIC BUTTER