

Clean Eating Grocery List

TIPS:

1. BUY ORGANIC AS OFTEN AS POSSIBLE. 2. PERSONALIZE THIS LIST WITH YOUR FAVORITE HEALTHY INGREDIENTS. 3. ENJOY!

Vegetables

- | | |
|--------------|----------------|
| ASPARAGUS | LETTUCE |
| ARUGULA | MUSHROOMS |
| BELL PEPPERS | ONIONS |
| BROCCOLI | PARSLEY |
| CARROTS | PUMPKIN |
| CAULIFLOWER | SPINACH |
| CUCUMBERS | SWEET POTATOES |
| EGGPLANT | TOMATOES |
| GARLIC | ZUCCHINI |
| KALE | |

Beans

- | | |
|-------------|--------------|
| BLACK BEANS | KIDNEY BEANS |
| CHICKPEAS | SPLIT PEAS |
| LENTILS | EDAMAME |
| CANNELLINI | HUMMUS |

Nuts & Seeds

- | | |
|------------|-----------------|
| FLAX SEEDS | WALNUTS |
| CHIA SEEDS | PISTACHIOS |
| CASHEWS | PECANS |
| PEANUTS | NUT BUTTERS |
| ALMONDS | SUNFLOWER SEEDS |

Baking Supplies

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|--------------------|-----------------------------|
| GLUTEN FREE FLOURS | COCOA POWDER/CACAO NIBS |
| COCONUT SUGAR | HONEY/MAPLE SYRUP/AGAVE |
| BAKING POWDER | UNSWEETENED COCONUT FLAKES |
| BAKING SODA | UNREFINED WHOLE WHEAT FLOUR |
| XANTHAN GUM | DARK CHOCOLATE |

Drinks

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|---------------|----------------|
| COCONUT WATER | TEA & KOMBUCHA |
|---------------|----------------|

Fruits

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|--------------|--------------|
| APPLES | LIMES |
| AVOCADOS | MANGOES |
| BANANAS | ORANGES |
| BLUEBERRIES | PEACHES |
| BLACKBERRIES | PEARS |
| CHERRIES | PLUMS |
| GRAPES | PINEAPPLES |
| GUAVAS | RASPBERRIES |
| KIWIS | STRAWBERRIES |
| LEMONS | WATERMELON |

Protein, Dairy & Eggs

- | | |
|--------------|--------------|
| ALMOND MILK | GREEK YOGURT |
| COCONUT MILK | ORGANIC EGGS |
| FETA CHEESE | TOFU |
| GOAT CHEESE | TEMPEH |

Grains

- | | |
|---------------|-------------|
| AMARANTH | ROLLED OATS |
| QUINOA | BROWN RICE |
| FARRO | SORGHUM |
| COCONUT FLOUR | SPELT |

Pantry Essentials

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|---------------------|-------------------|
| COCONUT OIL | RED WINE VINEGAR |
| OLIVE OIL | RED PEPPER FLAKES |
| LIQUID AMINOS | NUTRITIONAL YEAST |
| BALSAMIC VINEGAR | CHILI PASTE |
| APPLE CIDER VINEGAR | |
| DIJON MUSTARD | |
| CINNAMON | |
| HOT SAUCE | |
| SEA SALT & PEPPER | |
| TURMERIC | |