

CLEAN EATING Shopping List

FRUITS



apples
avocados
bananas
blackberries
blueberries
grapes
kiwi
lemons
limes
mangoes
pineapple
raspberries
strawberries
watermelon

HEALTHY FATS

almonds/cashews
natural almond/peanut butter
chia seeds
extra virgin coconut oil
extra virgin olive oil
flax seeds
unsweetened dried coconut



VEGGIES

asparagus
beets
bell peppers
broccoli
brussels sprouts
carrots
cauliflower
cucumbers
kale
lettuce
onions
spinach
sugar snap peas
summer squash
sweet potatoes
zucchini



GRAINS

brown rice
quinoa
freekeh
couscous
oats/oat flour
basmati rice
Ezekiel bread/tortillas

PROTEIN

chicken breasts
ground turkey
lean ground beef
shrimp
salmon
white fish
canned tuna
tofu
tempeh
edamame

CANNED GOODS, SPICES + EXTRAS

cinnamon
rosemary
black pepper
sea salt
cayenne
salsa
low-sodium soy sauce
apple cider vinegar
Dijon mustard
raw honey
pure maple syrup
black beans
chickpeas
fresh ginger

DAIRY + ALTERNATIVES

almond milk
eggs/egg whites
fat-free cottage cheese
fat-free Greek yogurt
fat-free/low-fat organic milk
goat cheese
part-skim mozzarella cheese



QUICK TIPS!

- Steam, grill, bake or eat raw!
- Fill most of your plate with fruits + veggies
- Choose produce that's in season
- Workout daily
- Drink AT LEAST 64 ounces of water a day!