



CLEAN EATING

Shopping List

FRUITS

Apples
Avocados
Bananas
Berries

Grapefruit
Lemons
Oranges
Pears

VEGGIES

Broccoli
Carrots
Garlic
Kale

Onions
Peppers
Spinach
Squash

Sweet Potatoes
Swiss Chard
Zucchini

PROTEIN

Beef
Black beans
Chicken
Eggs

Garbanzo Beans
Lentils
Salmon
Split peas

Tempeh
Tofu
Turkey
White fish

NUTS, SEEDS & OILS

Almonds
Cashews
Chia seeds
Coconut oil

Flax seeds
Nut butters
Olive oil
Tahini

HERBS & SPICES

Basil
Cardamom
Chili Flakes
Cinnamon

Cumin
Oregano
Parsley
Pepper

Sea Salt
Thyme
Turmeric

CONDIMENTS

Apple Cider Vinegar
Balsamic Vinegar
Hot sauce
Pure Maple Syrup
Raw honey
Raw stevia
Salsa
Soy sauce
Tamari

