

Clean Eating Shopping List

Category	Food
Vegetables	
	Lettuce
	Spinach
	Broccoli
	Cabbage
	Cauliflower
	Tomatoes
	Yams/Sweet Potatoes
	Bell Peppers
	Onions (red and white)
	Mushrooms
	Fresh Garlic
	Zucchini
	Jicama
	Edamame
	Asparagus
	Carrots
	Avocado (Technically a fruit, but treated as a veggie)
Fruits	
	Strawberries
	Blueberries
	Apples
	Oranges
	Nectarines
	Peaches
	Plums
	Grapefruit
	Grapes
	Watermelon
	Honeydew
	Cantaloup
	Star Fruit
Dairy	
	Milk - 1% or non-fat
	Cottage Cheese - low fat
	Greek yogurt
	Plain yogurt
	Yogurts - snack size - read ingredients to be sure they are clean
	Buttermilk - low fat
Meats	
	Chicken - boneless and skinless or whole - organic is best

	Pork - lean cuts
	Turkey - breasts and/or lean ground
Seafood	Salmon
	Trout
	Shrimp
	Orange Roughy
	Tuna - canned or fresh
Grains	Oatmeal
	Brown Rice
	Quinoa - any color
	Barley
	Millet
	Couscous - whole wheat
	Farro
	Rye
Fresh Spices	Basil
	Dill
	Sage
	Mint
Beverages	
	Green Tea
	Sparkling Water - regular, lime or lemon
Nuts	
	Almonds - raw is best
	Walnuts
	Hazelnuts
	Pecans
	Peanuts
Extras	
	Peanut Butter - no sugar added, just salt and nuts
	Honey
	Agave
	Almond Butter
	Olive oil
	Avocado Oil
	Sesame Oil
	Tomato Products - Canned (sauce, stewed, paste, etc...)
	Chicken Broth
	Vegetable Broth
	Protein Bars
	Protein Powder

