

# Clean Eating

## SHOPPING LIST

### WEEK ONE

#### PROTEINS & DAIRY

- 2 dozen large eggs
- 9 oz smoked salmon
- 2 5-oz sea bass fillets
- 1 8-oz pkg bacon
- 2 5-oz boneless, skinless chicken thighs
- 12 oz medium shrimp, peeled and deveined
- 1 lb ground turkey
- 1 qt plain unsweetened almond milk

#### VEGGIES & FRUITS

- 2 16-oz pkgs fresh cauliflower rice
- 1 10-oz pkg baby greens
- 4 avocados
- 2 English cucumbers
- 1 bunch green onion
- 1 mango
- 8 oz green beans
- 8 oz baby new potatoes
- 8 oz purple potatoes
- 2 yellow onions
- 2 red bell peppers
- 8 oz cremini mushrooms
- 2 baby bok choy
- 2 heads garlic
- 1 5-oz pkg spinach
- 1 vine tomato
- 1 bunch fresh basil
- 1 3.5-lb butternut squash
- 4 Granny Smith apples
- 1 orange
- 1 lime
- 1 lemon
- 1 bunch fresh cilantro
- 2 pears
- 1 shallot
- 1 5-inch piece ginger root

#### NUTS, SEEDS & OILS

- 1 bottle avocado oil
- 1 bottle extra-virgin olive oil
- 1 bottle toasted sesame oil
- 1 bag hemp seeds
- 3.5 oz raw cashews
- 1.5 oz raw pepitas
- 1 bag sesame seeds

#### PANTRY STAPLES

- 1 bottle garlic powder
- 1 bottle ginger powder
- 1 bottle curry powder
- 1 bottle smoked paprika
- 1 bottle ground cinnamon
- 1 bottle ground cumin
- 1 bottle ground turmeric
- 1 bottle red pepper flakes
- 1 bottle ground sea salt
- 1 bottle ground black pepper
- 1 bag almond flour
- 1 bottle coconut aminos (**TRY:** Coconut Secret Coconut Aminos)
- 1 bottle rice vinegar
- 1 bag arrowroot starch
- 1 qt low-sodium chicken or vegetable broth (**TRY:** Bonafide Provisions Organic Chicken Bone Broth)
- 2 13.5-oz BPA-free cans full-fat coconut milk
- 1 5-oz BPA-free can unsalted tomato paste
- 1 bag nutritional yeast

### WEEK TWO

#### PROTEINS & DAIRY

- 1 dozen large eggs
- 1 8-oz pkg bacon
- 12 oz medium shrimp, peeled and deveined
- 12 oz ground organic turkey
- 4 4-oz boneless, skinless chicken thighs
- 1 lb flank steak

#### VEGGIES & FRUITS

- 3 3-oz sweet potatoes
- 1 medium Yukon Gold potato
- 1 bunch chives
- 1 Medjool date
- 3 Granny Smith apples
- 1 English cucumber
- 3 carrots
- 4 red bell peppers
- 1 orange bell pepper
- 1 yellow bell pepper
- 1 oz bean sprouts
- 2 yellow onions
- 3 oz cremini mushrooms
- 1 head butter lettuce
- 8 avocados
- 1 bunch fresh basil
- 2 lemons
- 2 limes
- 1 lb Brussels sprouts
- 1 shallot
- 1 bunch cilantro

#### PANTRY STAPLES

- 1 bottle onion powder
- 1 bottle ancho chile powder
- 1 oz sun-dried tomatoes
- 1 jar raw almond butter
- 1 bottle fish sauce