

Clean Eating

SHOPPING LIST

PROTEINS & DAIRY

- 1 dozen pasture-raised large eggs
- ½ qt plain unsweetened almond milk
- ½ qt unsweetened coconut milk
- ½ qt plain whole-milk kefir
- 1 lb organic ground chicken
- 8 oz flank steak
- 2 4-oz wild-caught salmon fillets
- 8 oz wild-caught boneless, skinless cod

VEGGIES & FRUITS

- 1 head butter lettuce
- 6 oz baby spinach
- 3 lemons
- 1 lime
- 2 avocados
- 1 bunch fresh cilantro
- 1 bunch fresh basil
- 1 bunch fresh parsley
- 2 sweet potatoes
- 10 oz carrots
- 1 head garlic
- 4 oz cremini mushrooms
- 3 bananas (freeze 1)
- 1 bunch celery
- 4 oz cherries (with pits)
- 1 English cucumber
- 2 Persian cucumbers
- 1 orange
- 1 kiwi

- 3 heads baby bok choy
- 4 zucchini
- 1½ oz baby kale
- 1 medium bunch kale (Lacinato or dinosaur)
- 1 Roma tomato
- 1 red bell pepper
- 2 sweet onions
- 1 pineapple
- 1 pint blueberries
- 1 jicama

NUTS, SEEDS & OILS

- 1 bottle extra-virgin olive oil
- 1 jar virgin coconut oil
- 1 bottle avocado oil
- 1 bottle toasted sesame oil
- 1 jar raw almond butter
- 1 bag almond flour
- 2½ oz raw almonds
- 1 oz slivered almonds
- 1 oz raw walnuts
- 1 bag chia seeds (**TRY:** Navitas Organics Chia Seeds)
- 1 bag black sesame seeds
- 1 bag ground flaxseeds

EXTRAS

- 1 bottle ground cinnamon
- 1 bottle ground cumin
- 1 bottle smoked paprika
- 1 bottle unsalted Italian seasoning blend
- 1 bag arrowroot powder
- 1 bottle chile powder

- 1 bottle sea salt (**TIP:** Opt for pink Himalayan sea salt if desired.)
- 1 bottle ground black pepper
- 1 bottle pure vanilla extract
- 1 bottle red pepper flakes
- 1 bottle raw apple cider vinegar
- 1 bottle rice vinegar
- 1 24-oz jar all-natural marinara sauce
- 1 jar raw honey
- 1 container collagen powder (**TRY:** NeoCell Super Collagen Type 1 & 3)
- 1 box green tea bags or loose-leaf green tea
- 1 jar strawberry fruit spread
- 1 jar all-natural fresh salsa
- 1 container fresh guacamole
- 1 bag green banana flour
- 1 bag shredded unsweetened coconut
- 1 container nutritional yeast
- 1 jar white miso paste
- 8 oz low-sodium chicken broth
- 1 bottle coconut aminos
- 1 bag cacao nibs
- 1 bag raw cacao powder
- 1 box quinoa (**TRY:** Living Now Organic Quinoa)
- 2 oz red split lentils
- 1 15-oz BPA-free can unsalted chickpeas
- 1 12-oz jar roasted red peppers
- 1 bag frozen mango
- 1 bag frozen mixed berries