

# Clean Eating

## SHOPPING LIST

### PROTEINS & DAIRY

- 1 dozen large eggs
- ½ qt unsweetened almond milk
- 1½ qt unsweetened coconut milk beverage (refrigerated, not canned)
- 3 oz feta cheese
- 1 oz grated Parmesan cheese
- 24 oz plain Greek yogurt
- 8 oz 93% lean ground turkey
- 4 oz sliced natural deli turkey
- 10 all-natural lean turkey sausage links
- 8 oz skinless chicken tenders
- 10 oz skinless wild Alaskan salmon
- 2 4-oz halibut fillets

### WHOLE GRAINS

- 1 box quinoa
- 1 bag millet
- 1 bag red lentils

### VEGGIES & FRUITS

- 3 apples
- 5 bananas (freeze 3)
- 1 pear
- 1 pint blueberries
- 1 lime
- 4 lemons
- 1 oz dried unsweetened cherries
- 9 oz raw spinach
- 8 oz baby kale
- 1 avocado
- 1 head broccoli
- 2 carrots
- 2 cucumbers
- 1 large yellow onion
- 1 bunch green onions
- 1 large bell pepper
- 1 head garlic
- 1 3-inch piece fresh ginger
- 1 bunch fresh cilantro
- 1 bunch fresh basil
- 1 large butternut squash
- 2 sweet potatoes
- 3 zucchini

### NUTS, SEEDS & OILS

- 2 oz sliced raw unsalted almonds
- 7 oz raw unsalted cashews
- 4 oz raw unsalted pecans
- 1 bag chia seeds
- 1 bag ground flaxseeds
- 1 jar grass-fed ghee (clarified butter)
- 1 jar coconut oil
- 1 bottle avocado oil
- 1 bottle toasted sesame oil

### EXTRAS

- 1 pkg green tea
- 1 jar all-natural marinara sauce
- 1 14.5-oz BPA-free can fire-roasted tomatoes
- 2 jarred roasted red peppers
- 1 15-oz BPA-free can pumpkin purée
- 1 pint low-sodium vegetable broth
- 1 carton miso paste
- 1 jar green curry paste
- 1 bottle rice vinegar
- 1 bottle reduced-sodium tamari sauce
- 1 jar Dijon mustard
- 1 8-oz container hummus
- 1 container vanilla grass-fed whey protein powder
- 1 bottle pure vanilla extract
- 1 jar raw honey
- 1 jar pure maple syrup, optional
- 1 bottle ground cinnamon
- 1 bottle ground nutmeg
- 1 bottle ground cumin
- 1 bottle garlic powder
- 1 bottle ground turmeric
- 1 bottle smoked paprika
- 1 bottle red pepper flakes
- 1 bottle ground black pepper
- 1 bottle sea salt (such as pink Himalayan sea salt)