

Clean Eating

SHOPPING LIST

PROTEINS & DAIRY

- 1 dozen eggs (hard-boil 3)
- ½ qt milk (dairy or unsweetened nondairy)
- 1 lb grass-fed ground bison or beef
- 2 5-oz chicken breasts
- 5 chicken sausage links
- 8 oz wild-caught salmon fillet
- ½ lb uncooked shrimp
- 1 5-oz can chunk tuna in water
- 1 oz Parmesan cheese
- 1 pint full-fat cottage cheese
- 1 oz organic salted butter

VEGGIES & FRUITS

- 2 zucchini
- 1 head butter lettuce
- 1 carton microgreens
- 1 yellow summer squash
- 2 yellow bell peppers
- 12 shiitake mushrooms
- 1 small eggplant
- 1 large sweet potato
- 4 baby red potatoes
- 1 small cantaloupe
- 3 peaches
- 1 plum
- 3 avocados

- 2 bananas (freeze ½)
- 3 apples
- 1 orange
- 2 lemons
- 1 lime
- 1 mango
- 4 Medjool dates
- 1 yellow onion
- 1 head garlic
- 1 bunch fresh basil
- 1 bunch fresh cilantro
- 1 bag frozen strawberries
- 1 bag fresh or frozen riced cauliflower
- 1 shallot
- 1 oz dried tart cherries

WHOLE GRAINS

- 1 box quinoa
- 1 carton old-fashioned rolled oats
- 1 loaf sprouted whole-grain bread

NUTS, SEEDS & OILS

- 1 bottle avocado oil
(**TRY:** Chosen Foods 100% Avocado Oil)
- 1 jar almond butter
- 3½ oz pecans
- 1 bottle chia seeds

EXTRAS

- 1 14.5-oz BPA-free can diced fire-roasted tomatoes
- 1 jar roasted red peppers
- 1 container vanilla whey protein powder
- 1 quart low-sodium vegetable broth (**TRY:** Pacific Foods Organic Low Sodium Vegetable Broth)
- 1 bottle pure vanilla extract
- 1 bay leaf
- 1 bottle ground cinnamon
- 1 bottle ground coriander
- 1 bottle ground cumin
- 1 bottle smoked paprika
- 1 bottle dried oregano
- 1 bottle red pepper flakes
- 1 bottle dried thyme
- 1 bottle sea salt
- 1 bottle black pepper
- 1 bottle garlic powder
- 1 bottle onion powder
- 1 bottle chile powder