

# Clean Eating

## WEEK 1: SHOPPING LIST

### PROTEINS & DAIRY

- 1 dozen large eggs
- 1 qt plain unsweetened nondairy milk
- 4 4-oz boneless, skinless chicken breasts
- 2 4-oz halibut fillets
- 1 lb lean ground turkey
- 4 6-oz bone-in lamb chops

### VEGGIES & FRUITS

- 1 head butter lettuce
- 6 oz baby lettuce mix
- 7½ oz baby spinach
- 2 carrots
- 3 small cucumbers
- 2 zucchini
- 1 small head cauliflower
- 1 red bell pepper
- 4 oz Brussels sprouts
- 2 acorn squash
- 1 small butternut squash
- 2 yellow onions
- 1 head garlic
- 3½ oz shiitake mushrooms
- 5 oz cremini mushrooms
- 3 avocados
- 4 small apples
- 2 bananas
- 1 pear
- 1 orange
- 1 lemon
- 1 lime
- 1 bunch fresh basil
- 1 bunch fresh cilantro
- 1 bunch fresh chives

- 1 bunch fresh rosemary
- 1 bunch fresh thyme
- 2 Roma tomatoes
- 1 carton fresh pico de gallo

### NUTS, SEEDS & OILS

- 1 bottle avocado oil
- 1 jar coconut oil
- 1 bag ground flaxseed
- 1 bag arrowroot flour
- 1 bag chia seeds
- 2 oz raw unsalted pecans
- 5 oz raw unsalted walnuts
- 1 small bag almond flour
- 1 small bag coconut flour

### EXTRAS

- 1 small jar marinara sauce
- 1 15-oz BPA-free can crushed tomatoes
- 1 tube tomato paste
- 1 15-oz BPA-free can pumpkin purée
- 1 jar black olives
- 1 carton collagen protein powder
- 1 container matcha powder
- 1 8-oz container baba ghanoush
- 1 bottle liquid coconut aminos
- 1 bag nutritional yeast
- 1 jar Dijon mustard
- 1 bottle pure maple syrup
- 1 13.5-oz can coconut cream (optional)

### PANTRY STAPLES

- 1 container baking soda
- 1 bottle balsamic vinegar
- 1 bottle pure vanilla extract (**TRY:** Simply Organic Vanilla Extract)
- 1 bay leaf
- 1 bottle ground cinnamon
- 1 bottle ground cumin
- 1 bottle chile powder
- 1 bottle ground turmeric (**TRY:** Simply Organic Turmeric)
- 1 bottle garlic powder
- 1 bottle smoked paprika (**TRY:** Simply Organic Smoked Paprika)
- 1 bottle red pepper flakes
- 1 bottle sea salt
- 1 bottle ground black pepper