

# THE ULTIMATE clean eating

## GROCERY LIST

### PROTEIN

#### meat & poultry

- chicken
- turkey
- grassfed beef
- fresh wild seafood
- free-range eggs

#### dairy

- unsweet plain yogurt
- goat cheese
- organic full-fat milk
- nut milk

### GRAINS, NUTS & SEEDS

#### seeds

- pepitas
- sunflower seeds
- chia seeds
- flax seeds
- quinoa

#### nuts

- almonds
- cashews
- walnuts
- brazil nuts
- macadamias

#### grains

- steel cut oats
- barley
- millet

#### grains cont.

- brown or black rice
- farro
- sprouted bread
- whole wheat pasta
- whole wheat tortillas

### FRUIT & VEGETABLES

#### fruit

- apple
- avocado
- banana
- berries
- citrus
- coconut
- dates
- mango
- pineapple

#### vegetables

- spinach
- kale
- beets
- asparagus
- zucchini
- carrots
- broccoli
- tomato
- sweet potato
- mushrooms
- green beans
- bell peppers
- spinach
- celery

### CONDIMENTS & DRY GOODS

#### herbs & spices

- cumin
- coriander seeds
- cayenne pepper
- sea salt
- cinnamon
- fresh garlic
- fresh ginger
- fresh turmeric
- fresh herbs

#### pantry staples

- apple cider vinegar
- tamari
- dijon mustard
- olive oil
- avocado oil
- coconut oil
- red wine vinegar
- maple syrup or honey

#### baking supplies & extras

- coconut flour
- almond meal
- oat flour
- brown rice flour
- baking powder
- coconut sugar
- cocoa powder
- cacao nibs
- unsweet applesauce
- unsweet coconut flakes
- vanilla beans
- coconut cream