



# Clean Eating

## GROCERY LIST

Include more of these foods in your diet to promote a healthy lifestyle. Try and purchase organic whenever possible.

### FRUIT

- ☐ Apples
- ☐ Avocados
- ☐ Bananas
- ☐ Blueberries
- ☐ Lemons
- ☐ Limes
- ☐ Watermelon
- ☐ Pineapple
- ☐ Raspberries
- ☐ Strawberries
- ☐ Blackberries
- ☐ Cherries
- ☐ Mango
- ☐ Dates
- ☐ Grapes

### VEGETABLES

- ☐ Asparagus
- ☐ Sweet potatoes
- ☐ Onions
- ☐ Bell peppers
- ☐ Broccoli
- ☐ Romaine lettuce
- ☐ Spinach
- ☐ Kale
- ☐ Arugula
- ☐ Grape tomatoes
- ☐ Jalapenos
- ☐ Edamame
- ☐ Carrots
- ☐ Celery
- ☐ Cucumbers

### MEAT & SEAFOOD

- ☐ Lean ground turkey
- ☐ Lean ground chicken
- ☐ Boneless, skinless chicken
- ☐ Wild salmon
- ☐ Shrimp
- ☐ Turkey bacon
- ☐ Tuna

### DAIRY

- ☐ Organic or free pasture eggs
- ☐ Unsweetened almond milk
- ☐ Plain greek yogurt
- ☐ Goat cheese
- ☐ Feta cheese
- ☐ Full fat cheese
- ☐ 2% Cottage Cheese

### BAKING SUPPLIES

- ☐ Baking powder
- ☐ Baking soda
- ☐ Coconut sugar
- ☐ Unsweetened applesauce
- ☐ Cocoa powder
- ☐ Honey/Agave nectar/Maple syrup/Coconut Palm Syrup
- ☐ Whole wheat flour
- ☐ Unsweetened coconut
- ☐ Coconut flour
- ☐ Almond meal/flour
- ☐ Chickpea flour
- ☐ Quinoa flour
- ☐ Oat Flour

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# *Clean Eating*

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### FRUIT

### MEAT & SEAFOOD

Lean ground turkey Lean ground chicken Boneless, skinless chicken Wild salmon Shrimp Turkey  
bacon Tuna

Apples Avocados Bananas Blueberries Lemons Limes Watermelon Pineapple  
Raspberries Strawberries Blackberries Cherries Mango Dates Grapes

### DAIRY

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Organic or free pasture eggs Unsweetened almond milk

Plain greek yogurt Goat cheese Feta cheese Full fat cheese 2% Cottage Cheese

### VEGETABLES

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Asparagus Sweet potatoes Onions Bell peppers Broccoli Romaine lettuce Spinach Kale  
Arugula Grape tomatoes Jalapenos Edamame Carrots Celery Cucumbers Zucchini  
Cauliflower Eggplant Brussels sprouts Mushrooms Butternut squash Pumpkin Acom  
Squash Spaghetti squash Green beans Peas

BAKING SUPPLIES Baking powder Baking soda Coconut sugar Unsweetened applesauce Cocoa  
powder Honey/Agave nectar/Maple syrup/Coconut Palm Syrup Whole wheat flour Unsweetened  
coconut Coconut flour Almond meal/flour Chickpea flour Quinoa flour Oat Flour Dairy free

chocolate chips Dark chocolate bars

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**BEANS & LEGUMES** Black beans Chickpeas/ garbanzo beans Kidney beans Edamame  
Lentils Hummus

**PANTRY STAPLES** Chili powder Garlic powder Onion powder Dried oregano Cumin Salt & Pepper  
Red pepper flakes Cayenne pepper Allspice Sesame seeds Olive oil Avocado oil Coconut Oil  
Sesame oil Gluten Free Soy sauce Chili paste Hot sauce Apple cidervinegar Red wine vinegar

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## **HERBS**

**NUTS & SEEDS** All natural nut butters Sunflower seeds Chia seeds Flax seeds Hemp  
seeds Pumpkin seeds Almonds Cashews Walnuts Pistachios Brazil Nuts Hazelnuts

Garlic Basil Cilantro Parsley Dill Chives Rosemary

**GRAINS** Sprouted bread Brown rice Black rice Whole wheat pasta Brown Rice Pasta  
Quinoa Rolled oats 100% whole wheat tortillas

**#Ambitious Kitchen**