

THE ULTIMATE CLEAN EATING SHOPPING LIST

Vegetables

Try to shop local and seasonal as much as you can!

- Artichokes
- Arugula
- Asparagus
- Avocado
- Beets
- Beet greens
- Bell peppers
- Bok choy
- Broccoli
- Broccoli rabe
- Brussels sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery
- Chard
- Collard greens
- Cucumber
- Daikon
- Eggplant
- Endive
- Garlic
- Ginger
- Green beans
- Hot peppers
- Jerusalem artichokes
- Jicama
- Kale
- Kohlrabi
- Leaf lettuce
- Leeks
- Mushrooms
- Okra
- Onions
- Parsnips
- Peas
- Peppers
- Potatoes
- Pumpkin
- Radishes
- Radicchio
- Romaine lettuce
- Shallots
- Spinach
- Sprouts
- Squash

- Sweet potatoes
- Tomatoes
- Turnips
- Watercress
- Wheatgrass
- Zucchini
- _____
- _____
- _____
- _____

Fruits

Try as much as you can to buy local and seasonal !

- Apples
- Apricots
- Bananas
- Blackberries
- Blueberries
- Canteloupe
- Cherries
- Cranberries
- Figs
- Grapes
- Grapefruit
- Honeydew
- Kiwis
- Lemons
- Limes
- Mango
- Nectarines
- Oranges
- Papaya
- Peaches
- Pears
- Pineapple
- Plums
- Pomegranate
- Raspberries
- Rhubarb
- Strawberries
- Watermelon
- _____
- _____
- _____
- _____

Herbs & Spices

(Fresh & Dry)

- Allspice
- Anise
- Bay leaves
- Basil
- Black pepper
- Cardamom
- Cayenne pepper
- Chives
- Chili powder
- Cilantro
- Cinnamon
- Clove
- Coriander seeds
- Cumin
- Dill
- Fennel seeds
- Garlic
- Herbes de Provence
- Lemongrass
- Mustard seeds
- Nutmeg
- Oregano
- Paprika
- Parsley
- Peppermint
- Rosemary
- Saffron
- Sage
- Tarragon
- Thyme
- Turmeric
- Vanilla pods/powder
- _____
- _____

Nuts & Seeds

- Almonds
- Brazil nuts
- Cashews
- Chia seeds
- Flax seeds
- Hazelnuts
- Hemp seeds
- Macadamia
- Pecans

- Pine nuts
- Pistachios
- Pumpkin seeds
- Sesame seeds
- Sunflower seeds
- Walnuts
- Seed butters
- Nut butters

Condiments

- Apple cider vinegar
- Balsamic vinegar
- Coconut vinegar
- Coconut aminos
- Hummus
- Mustard
- Organic mayo or veganise
- Tamari

Oils & Fats

Unrefined/organic/extra virgin cold pressed

- Avocado oil
- Butter (pasteurized/raw)
- Coconut oil
- Duck/goose fat
- Ghee
- Flaxseed oil
- Macadamia/Argan/Hazelnut oil
- Olive oil
- Sesame oil
- Walnut oil
- _____
- _____

Fish & Seafood

Wild caught as much as possible

- Anchovies
 - Bass
 - Clams
 - Crab
 - Grouper
 - Haddock
 - Halibut
 - Herring
 - Lobster
 - Mackerel
 - Mahi Mahi
 - Mussels
 - Oysters
 - Red Snapper
 - Salmon
 - Sardines
 - Scallop
 - Shrimp
 - Seabass
 - Trout
 - Tuna
 - Walleye
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Meat

Organic/grass fed/wild

- Beef
 - Bison
 - Chicken
 - Duck
 - Goose
 - Lamb
 - Pork
 - Turkey
 - Quail/Venison & other wild game
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Powders & Flours

- Almond meal
- Cocoa powder
- Coconut flour
- Nutritional yeast
- Rice flour
- _____
- _____

Dairy

Preferably raw, or low temperature processed

- Raw milk/cream
 - Raw cheese (milk, goat, sheep)
 - Live bacteria yogurt
 - Other yogurt
 - Kefir
 - Aged cheese
 - _____
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Dairy substitutes

- Almond milk
 - Coconut milk
 - Other plant-based milk
 - Coconut cream
 - Almond/Coconut Yogurt
 - _____
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Beans

- Black beans
 - Black-eyes peas
 - Chickpeas
 - Edamame
 - Fava beans
 - Kidney beans
 - Lentils
 - Lima beans
 - Navy beans
 - Pinto beans
 - Red beans
 - Split peas
 - _____
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Grains

- Amaranth
- Barley
- Brown rice
- Buckwheat
- Couscous
- Farro
- Millet
- Oatmeal
- Quinoa
- Wild rice
- _____

Sweetener

- Coconut palm sugar
 - Date sugar
 - Maple syrup
 - Molasses
 - Raw honey
 - Stevia
 - _____
 - _____
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Beverages

- Herbal tea
 - Tea
 - Coffee
 - Kefir
 - Kombucha
 - Raw juices
 - Sparkling water
 - Spring water
 - Wine
 - _____
 - _____
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Dried fruits

- Apricots
 - Coconut
 - Dates
 - Figs
 - Mango
 - Raisins
 - _____
 - _____
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Superfoods

- Acai berry
- Bee pollen
- Chlorella
- Cocoa nibs
- Dark chocolate
- Goji berries
- Maca powder
- Mulberries
- Spirulina
- _____
- _____

Cans & Jars

- Artichokes
 - Bell peppers
 - Broth
 - Capers
 - Miso paste
 - Olives
 - Pickles
 - Preserved lemons
 - Sun Dried tomatoes
 - Tapenades
 - Tomato paste
 - Tomatoes
 - Sauerkraut
 - _____
 - _____
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Frozen

100% fruits or veggies

- Raw coconut water
 - Coconut based sorbets
 - Fruits
 - Veggies
 - Sprouted breads (Ezekiel bread)
 - _____
 - _____
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Others

- Agar-agar
- Nori
- Seaweed flakes
- Eggs
- Guacamole
- _____
- _____