

Eat Clean Condensed Grocery Shopping List

Vegetables (Fiber)

◇ Alfalfa Sprouts	◇ Brussels Sprouts*	◇ Greens	◇ Radish
◇ Anise/Fennel Root	◇ Cauliflower*	◇ Kale*	◇ Snow/Sugar Snap peas
◇ Artichoke	◇ Chinese/Napa Cabbage	◇ Kohlrabi	◇ Spinach*
◇ Arugula*	◇ Carrots*	◇ Lettuce	◇ Sprouts/Shoots
◇ Asparagus*	◇ Celery	◇ Mushrooms	◇ Squash
◇ Beets	◇ Celery Root	◇ Onions, Shallots, Leeks*	◇ Swiss Chard*
◇ Boc Choy*	◇ Cucumber	◇ Parsnips	◇ Tomato*
◇ Broccoli, Broccolini*	◇ Eggplant	◇ Peppers*	◇ Turnip*
◇ Broccoli Rabe	◇ Green Beans	◇ Pumpkin	◇ Watercress*

Fruit (Fiber)

◇ Apples	◇ Figs*	◇ Melon*	◇ Plum*
◇ Apricots	◇ Exotic Fruit	◇ Orange	◇ Pomegranate
◇ Bananas	◇ Grapefruit	◇ Nectarines	◇ Raspberries*
◇ Blackberries*	◇ Grapes	◇ Papaya*	◇ Strawberries*
◇ Blueberries*	◇ Kiwi*	◇ Peaches	◇ Tangerines
◇ Cherries*	◇ Lemon/Lime	◇ Pears*	◇ Watermelon
	◇ Mango	◇ Pineapple*	◇ Limit: Dates/Dried Fruit/Rasins

Protein

◇ Beef	◇ Elk	◇ Seafood	◇ Wild Game Meats
◇ Bison	◇ Fish	◇ Shellfish	◇ <i>Limit: Bacon, Sausage with preservatives</i>
◇ Chicken	◇ Lamb	◇ Salmon	◇ <i>Limit: Deli Meats, Jerky with preservatives</i>
◇ Duck	◇ Pork	◇ Tuna	
◇ Eggs	◇ Turkey	◇ Venison	

Fats

◇ Almonds/Almond Butter	◇ Coconut Flakes*	◇ Olives*	◇ Pumpkin Seeds
◇ Avocado*	◇ Coconut Milk *	◇ Olive Oil*	◇ Sesame Seeds/Sesame Oil
◇ Avocado Oil*	◇ Coconut Oil (unrefined)*	◇ High quality animal fat*	◇ Sunflower Seeds/Sunbutter
◇ Brazil Nuts	◇ Flax Seeds	◇ Pecans	◇ Walnuts/Walnut Butter
◇ Cashews/Cashew Butter	◇ Hazelnuts/Filberts*	◇ Peanut Butter	
◇ Butter/Ghee*	◇ Macadamia Nuts*	◇ Pine Nuts	
◇ Coconut Butter*	◇ Macadamia Oil*	◇ Pistachio	

Herbs & Spices

◇ Allspice	◇ Cilantro	◇ Marjoram	◇ Sage
◇ Basil	◇ Clove	◇ Mint	◇ Sea Salt
◇ Bay Leaves	◇ Cocoa powder (100%)	◇ Mustard	◇ Savory
◇ Black Pepper	◇ Curry	◇ Nutmeg	◇ Tarragon
◇ Cardamom	◇ Cumin	◇ Oregano	◇ Thyme
◇ Cayenne	◇ Dill	◇ Paprika	◇ Turmeric
◇ Chili Powder	◇ Garlic	◇ Parsley	◇ Vanilla
◇ Chives	◇ Ginger	◇ Peppermint	◇ Vinegar
◇ Cinnamon	◇ Horseradish/wasabi	◇ Spearmint	
	◇ Lemongrass	◇ Rosemary	

Beverages

◇ Coffee (plain)	◇ Water/Sparkling Water	◇ Fruit Infused Water	◇ Unsweet Tea (plain)
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*recommendation for "best choice"