

# Clean Eating Grocery List

## **Protein**

Protein Powder  
Eggs  
Boneless/skinless chicken breast  
Lean ground turkey  
Canned tuna (in water)  
Tilapia  
Wild Salmon  
Tofu  
Plain nonfat cottage cheese  
Plain nonfat Greek yogurt  
Nonfat cheese sticks

## **Veggie Options (Pick at least 3)**

Spinach  
Broccoli  
Asparagus  
Kale  
Bell Peppers  
Mushrooms  
Cauliflower  
Brussel Sprouts  
Green Beans  
Artichoke  
Zucchini  
Cucumber

## **Complex/Starchy Carbs (Pick at least 1)**

Old-fashioned oatmeal  
Low-carb/low-sugar cereal (Fiber One)  
Quinoa  
Sweet Potato  
Yam  
Whole Wheat Bread  
Brown Rice

## **Healthy Fat Options (Pick at least 2)**

Natural peanut butter  
Olive oil  
Safflower oil  
Coconut oil  
Almonds  
Walnuts  
Pistachios  
Avocado  
Flaxseed oil

## **Fruit**

Small apples  
Small pears  
Blueberries  
Raspberries  
Strawberries  
Lemons (for water & fish)

## **Beverages**

Water  
Unsweetened Almond Milk (can be flavored)  
Sugar Free Coconut Milk  
Green tea bags  
Coffee

## **Condiments**

Balsamic Vinegar  
Salsa  
Chili Powder  
Mrs Dash  
Mustard  
Cinnamon  
Unsweetened Baking Cocoa  
Stevia or other zero calorie sweetener  
Pam Non-stick cooking spray

## **Vitamins**

Fish Oil  
Multi-vitamin

