

# CLEAN EATING

## Shopping List

### Fruits and Vegetables

When it comes to fruits and vegetables, nothing is off limits. Below are the most common you will find in the majority of grocery stores.

#### Fruits

- Blueberries\*
- Strawberries\*
- Blackberries\*
- Raspberries
- Bananas
- Apples\*
- Avocado
- Peaches/nectarines\*
- Pears\*
- Apricots
- Grapes\*
- Cherries\*
- Oranges
- Kiwi
- Mango
- Melon
- Pineapple
- Plums

#### Vegetables

- Leafy greens\*  
(spinach, kale, chard, etc.)
- Broccoli
- Cauliflower
- Celery
- Cucumber
- Asparagus
- Bell peppers
- Green beans
- Peas
- Eggplant
- Mushrooms
- Zucchini
- Tomato
- Cabbage
- Brussels sprouts
- Onion
- Radishes
- Microgreens\*
- Sweet potatoes/  
potatoes\*
- Squash (acorn,  
butternut, spaghetti)

\*These foods are often on the EWG's Dirty Dozen list. Choose organic if it's an option for you. But remember—all fruits and veggies are still nutritious! Frozen options count too and can even be more nutrient-rich since they're frozen at peak ripeness.

### Whole Grains

Grain products should come from whole, unrefined grains (meaning it includes the bran, endosperm, and germ of the grain).

#### Flours

- Whole wheat flour\*
- White whole wheat flour\*
- Oat flour
- Einkorn\*
- Spelt flour\*
- Millet flour
- Buckwheat flour

#### Grains

- Quinoa
- Brown rice
- Black rice
- Wild rice
- Popcorn
- Farro\*
- Whole wheat pasta\*
- Brown rice pasta
- Sprouted whole grain  
bread\*

\*Contain gluten. Do not consume if you are on a gluten-free diet.

If possible, choose organic grains. Conventional grains are often treated with pesticides (and sometimes with glyphosate before harvest). Organic options help reduce exposure to potentially toxic pesticides and herbicides, as well as support healthier farming practices.

### Eggs & Dairy

#### Eggs

- Pasture-raised (hens spend most of their time outdoors eating a natural diet)
- Organic (no synthetic pesticides, GMOs, or routine antibiotics)

For both eggs and dairy products, check for animal welfare certifications to ensure humane treatment of the animals.

Grass-fed dairy products are more nutritious (higher in omega-3's and certain vitamins).

Organic certification ensures no growth hormones or antibiotics and that the animals were fed organic feed.

#### Dairy

- Organic, whole milk (avoid reduced-fat or fat-free)
- Plain yogurt or kefir (no added sugars or fillers; look for live and active cultures). Greek yogurt is best.
- Pasture-raised butter
- Cheese (short ingredient list: milk, cultures, enzymes, salt)
- Goat cheese
- Full-fat cottage cheese (short ingredient list, no fillers, gums, etc.)
- Unsweetened non-dairy alternatives. If dairy-free — choose options without gums, refined oils, or added sugars (the ingredients should be the source of the milk, water, and possibly salt).

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## Shopping List

### Meat, Seafood & Beans

#### Beef

- Ground beef
- Steaks
- Roasts
- Pork products

Whenever you can, choose 100% grass-fed/grass finished beef and/or organic – it's packed with more nutrients than conventional beef.

Opt for antibiotic-free and nitrate-free pork products – by law, pork is always hormone free.

#### White Meat

- Chicken
- Turkey

For the cleanest option, choose organic or antibiotic-free chicken and turkey. Chicken and turkey are always hormone free by law.

#### Seafood

- Salmon
- Shrimp

Choose wild-caught or sustainable seafood, especially options rich in omega-3s and low in mercury, like salmon and shrimp. If it's farmed, look for certifications such as 'Responsibly Farmed ASC Certified.'

#### Beans

- Black beans
- Pinto beans
- Kidney beans
- Cannellini beans
- Garbanzo beans/chickpeas
- Lentils
- Edamame

For the cleanest option, go with dried beans—you're getting just the bean and nothing else. If canned is easier, that's fine too. Just look for beans with simple ingredients (beans, water, maybe salt) and BPA-free cans.

### Nuts and Seeds

#### Nuts & Nut Butters

- Almonds
- Pistachios
- Walnuts
- Cashews
- Pecans
- Peanut butter
- Almond butter
- Cashew butter
- Walnut butter

#### Seeds

- Chia seeds
- Hemp seeds
- Flaxseeds
- Pumpkin seeds

Nut and seed butters should contain just the nut/seed and maybe salt. They should not contain added oils, sugars, preservatives.

Look for raw (and maybe salted) nuts with no added oils. If you are concerned about pesticide exposure, opt for organic.

### Oils

#### Oils & Healthy Fat Sources

- Extra-virgin olive oil
- Unrefined coconut oil
- Pure avocado oil
- Ghee

Avoid highly refined oils like canola oil, sunflower oil, soybean, safflower, palm, grapeseed.

# CLEAN EATING

## Shopping List

### Sweeteners

Sweeteners should be natural and unrefined. Remember, these still count as sugar, so use sparingly.

#### Natural Sweeteners

- Raw honey
- Pure Maple Sugar
- Coconut Sugar
- Monk fruit
- Dates

### Dressings, Condiments & Sauces

When buying dressings and condiments, choose ones made with 100% avocado oil or 100% extra-virgin olive oil (no highly refined oils), simple ingredients you'd use at home, and ideally naturally sweetened with little to no added sugar.

Below is a list of common store-bought items and suggested brands, where needed.

#### Dressings

- Both Primal Kitchen and Chosen Foods are good options.

#### Condiments

- Mayonnaise - Chosen Foods & Sir Kensington
- Ketchup - Primal Kitchen & Organicville
- Mustard & Dijon mustard - Annie's.

#### Sauces

- Spaghetti sauce - Primal Kitchen and Newman's Own
- BBQ sauce - Noble Made Foods, True Made Foods, and Primal Kitchen

It is hard to find truly "clean eating" dressing, condiments, and sauces, but the above are good better-for-you options.

### Miscellaneous Pantry Staples

- Almond flour\*
- Coconut flour\*
- Cassava flour\*
- Tapioca flour\*
- Cacao
- Organic herbs & spices
- Chicken bone broth
- Beef bone broth
- Balsamic vinegar
- Coconut aminos
- Apple cider vinegar (with the mother)
- Dried fruit (no added sugars)

\*Good for gluten-free baking. If you aren't gluten free, you won't find as much use for these.

### Packaged Snacks/Foods

When it comes to store-bought snacks, always check the ingredients and the total added sugars. The fewer the ingredients, the better. Below is a list of common brands that make better-for-you options.

#### Cereal

- Love Bird
- Three Wishes
- Seven Sundays

#### Salty Snacks

- Lesser Evil
- Siete
- Boulder (if made with avocado or extra-virgin olive oil)
- Simple Mills

#### Sweet Snacks

- Simple Mills
- Emmy's
- Hu Chocolate
- Solely "fruit snacks"
- Pure Organic fruit bars

For true "clean eating" snacks, avoid highly refined oils (canola, sunflower, safflower, soy), ensure anything with grains is organic (to avoid chemicals), and naturally sweetened. Most packaged snacks are not perfect, but the above are better-for-you options.

# Grocery LIST

WEEK \_\_\_\_\_

DATE \_\_\_\_\_

## MEAT / FISH


## PRODUCE


## DRY GOODS/PANTRY


## DAIRY / EGGS


## HOUSEHOLD


## OTHERS
