




Clean Eating Shopping List


VEGETABLES

- | | | |
|--|---------------------------------------|---|
| <input type="checkbox"/> Artichoke | <input type="checkbox"/> Asparagus |  |
| <input type="checkbox"/> Broccoli | <input type="checkbox"/> Carrots | |
| <input type="checkbox"/> Cauliflower | <input type="checkbox"/> Cucumber | |
| <input type="checkbox"/> Eggplant | <input type="checkbox"/> Garlic | |
| <input type="checkbox"/> Greens: (spinach, kale, romaine) specify: _____ | | |
| <input type="checkbox"/> Green Beans | <input type="checkbox"/> Onion | |
| <input type="checkbox"/> Peas | <input type="checkbox"/> Peppers | |
| <input type="checkbox"/> Potatoes (white, yellow, red) specify: _____ | | |
| <input type="checkbox"/> Squash, specify: _____ | | |
| <input type="checkbox"/> Asparagus | <input type="checkbox"/> Other: _____ | |
| _____ | <input type="checkbox"/> Other: _____ | |

FRUITS

- | | | |
|--|---|---|
| <input type="checkbox"/> Apples, specify: _____ | | |
| <input type="checkbox"/> Avocado | <input type="checkbox"/> Banana | |
| <input type="checkbox"/> Berries, specify: _____ | | |
| <input type="checkbox"/> Grapefruit | <input type="checkbox"/> Grapes |  |
| <input type="checkbox"/> Lemon | <input type="checkbox"/> Kiwi | |
| <input type="checkbox"/> Mango | <input type="checkbox"/> Lime |  |
| <input type="checkbox"/> Pears | <input type="checkbox"/> Oranges | |
| <input type="checkbox"/> Tomatoes | <input type="checkbox"/> Pineapple | |
| <input type="checkbox"/> Cantaloupe | <input type="checkbox"/> Watermelon | |
| <input type="checkbox"/> Other: _____ | <input type="checkbox"/> Honeydew melon | |
| <input type="checkbox"/> Other: _____ | <input type="checkbox"/> Other: _____ | |
| <input type="checkbox"/> Other: _____ | | |

BREAD

- | | | |
|--|--|---|
| <input type="checkbox"/> Ezekiel (Gluten Free) | <input type="checkbox"/> Gluten Free Bread |  |
| <input type="checkbox"/> Grain Free | <input type="checkbox"/> | |
| <input type="checkbox"/> Tortillas Grain Free | <input type="checkbox"/> Other: _____ | |
| <input type="checkbox"/> Other: _____ | <input type="checkbox"/> Other: _____ | |


PASTA

- | | |
|---------------------------------------|---|
| <input type="checkbox"/> Zoodle | <input type="checkbox"/> Brown rice pasta |
| <input type="checkbox"/> Quinoa pasta | <input type="checkbox"/> Other: _____ |
| <input type="checkbox"/> Other: _____ | <input type="checkbox"/> Other: _____ |

FLOUR

- | | |
|--|---|
| <input type="checkbox"/> Almond Flour | <input type="checkbox"/> Chickpea Flour |
| <input type="checkbox"/> Coconut Flour | <input type="checkbox"/> |
| <input type="checkbox"/> Other: _____ | <input type="checkbox"/> Other: _____ |

RICE/GRAINS


- | | | |
|---------------------------------------|---------------------------------------|---|
| <input type="checkbox"/> Barley | <input type="checkbox"/> Basmati Rice |  |
| <input type="checkbox"/> Brown Rice | <input type="checkbox"/> Couscous | |
| <input type="checkbox"/> Oats | <input type="checkbox"/> Millet | |
| <input type="checkbox"/> Quinoa | <input type="checkbox"/> Tempeh | |
| <input type="checkbox"/> Wild Rice | <input type="checkbox"/> Other: _____ | |
| <input type="checkbox"/> Other: _____ | | |

Other: _____


OILS

- | | |
|---------------------------------------|---------------------------------------|
| <input type="checkbox"/> Coconut Oil | <input type="checkbox"/> Olive Oil |
| <input type="checkbox"/> Sesame Oil | <input type="checkbox"/> Other: _____ |
| <input type="checkbox"/> Other: _____ | <input type="checkbox"/> Other: _____ |


NUTS & SEEDS

- | | | |
|--|---------------------------------------|---|
| <input type="checkbox"/> Almonds | <input type="checkbox"/> Cashews |  |
| <input type="checkbox"/> Chia Seeds | <input type="checkbox"/> Flaxseeds | |
| <input type="checkbox"/> Pecans | <input type="checkbox"/> Pistachios | |
| <input type="checkbox"/> Pumpkin Seeds | <input type="checkbox"/> Walnuts | |
| <input type="checkbox"/> Other: _____ | <input type="checkbox"/> Other: _____ | |

NUT BUTTERS

- | | | |
|---|--|---|
| <input type="checkbox"/> Almond Butter | <input type="checkbox"/> Cashew Butter |  |
| <input type="checkbox"/> Sunflower Butter | <input type="checkbox"/> Tahini | |
| <input type="checkbox"/> Other: _____ | <input type="checkbox"/> Other: _____ | |

BEANS & LEGUMES

- | | | |
|---------------------------------------|---------------------------------------|---|
| <input type="checkbox"/> Black Beans | <input type="checkbox"/> Chickpeas |  |
| <input type="checkbox"/> Kidney Beans | <input type="checkbox"/> Lentils | |
| <input type="checkbox"/> Lima Beans | <input type="checkbox"/> Edamame | |
| <input type="checkbox"/> Split Pea | <input type="checkbox"/> White Beans | |
| <input type="checkbox"/> Other: _____ | <input type="checkbox"/> Other: _____ | |

ORGANIC PROTEINS/MEATS

- | | |
|---|---|
| <input type="checkbox"/> Eggs | <input type="checkbox"/> Fish, specify: _____ |
| <input type="checkbox"/> Grass Fed Beef, specify: _____ | |
| <input type="checkbox"/> Poultry, specify: _____ | |
| <input type="checkbox"/> Other: _____ | <input type="checkbox"/> Other: _____ |

CONDIMENTS, SPICES & SEASONINGS

- | | |
|---|--|
| <input type="checkbox"/> Coconut Aminos | <input type="checkbox"/> Molasses |
| <input type="checkbox"/> Mustard | <input type="checkbox"/> Coconut Nectar |
| <input type="checkbox"/> Raw Agave Nectar | <input type="checkbox"/> Raw Honey |
| <input type="checkbox"/> Spices, specify: _____ | |
| <input type="checkbox"/> Other: _____ | <input type="checkbox"/> Vinegar, specify: _____ |
| <input type="checkbox"/> Other: _____ | <input type="checkbox"/> Other: _____ |

ORGANIC DIARY

- | | |
|---|--|
| <input type="checkbox"/> Cheese, specify: _____ | |
| <input type="checkbox"/> Cottage Cheese | <input type="checkbox"/> Milk |
| <input type="checkbox"/> Yogurt | <input type="checkbox"/> Almond milk (Unsweetened) |
| <input type="checkbox"/> Coconut milk (Unsweetened) | <input type="checkbox"/> Rice milk (Unsweetened) |
| <input type="checkbox"/> Other: _____ | <input type="checkbox"/> Other: _____ |

BEVERAGES

- | | |
|---|---|
| <input type="checkbox"/> Herbal Tea, specify: _____ | |
| <input type="checkbox"/> Coffee | <input type="checkbox"/> Flavored water (Unsweetened) |
| <input type="checkbox"/> Seltzer | <input type="checkbox"/> Other: _____ |
| <input type="checkbox"/> Other: _____ | |