



Clean Eating Grocery List for Beginners

Fruits

Apples

Oranges

Bananas

Grapes

Berries of all types

Mango

Pineapple

Peaches

Plums

Avocados

Any many more types of fruit, but those on the top our favorite to choose from.

Veggies

Carrots

Broccoli

Carrots

Cauliflower

Bell Peppers in any color

Asparagus

Eggplant

Spinach

Kale

Squash any type

Celery

Pees

Green Beans

Sweet Potatoes

Onions - I personally love Sweet Ones

Any of course any other vegetable you like, but those are my family's top veggies.

Nuts and Seeds

Peanuts

Walnuts

Cashews

Almonds

Sunflower Seeds

Pumpkin Seeds

Tahini (ground sesame paste)

Flax Seeds

Chia seeds

Natural Peanut Butter

Almond Butter

Coconut Butter

Dried Beans

Garbanzo Beans – aka chickpeas

Black Beans

Lentils

Kidney Beans

White Beans

Grains

Quinoa

Gluten Free Oats

Corn Meal

Buckwheat

Dried Fruits

Cranberries

Raisins

Blueberries

Mejool Dates

Flours - We are a gluten free family so if you are not you will have to research flours with gluten. Here are my top suggestions: Almond Flour, Coconut Flour, Gluten Free All Purpose Flour, and Oat Flour

Condiments - Clean Ketchup very hard to find, but there are brands without all the bad stuff. Mustard without sugar, Raw Honey, Pure Maple Syrup, Molasses.

Herbs and Spices - When it comes to herbs and spices you can buy the ones in the bottle. Stay away from pre-mixed packages like Taco Seasoning as many times

they are filled with MSG, added sodium and you can create your own homemade cheaper and cleaner too.

Coffee and Teas

Healthy Oils and Fats - Cold Pressed – Extra Virgin Olive Oil, Coconut oil, Real Butter, Avocado oil, Grape Seed Oil.

Diary - Unsweetened Almond or Coconut Milk, Plain yogurt, (we stopped drinking regular milk four years ago, but do your research on that)

As for cheese we buy it in blocks and shred it ourselves and use sparingly, but sometimes it is nice to have when eating pizza.

Brown Eggs – we get our eggs from a local farm and they taste way better than from the store as well.

Meats

Grass fed Beef

Organic Chicken

Ground Turkey

Pork

Fish (Salmon, Tilapia, Tuna in Water)