

7 Day Clean Eating Grocery List

BAKERY:

Whole Wheat Bread Loaf
Whole Wheat Lavash Bread
16 Whole Wheat Tortillas

BULK BINS:

½ cup sunflower seeds
¼ cup dried cherries
½ cup sliced almonds
½ cup dried apricots
½ cup pepita seeds
2 cups raw almonds
¼ cup chia seeds
2 cups rolled oats
1 cup peanuts
½ cup pine nuts
1 ½ cups cashews

BAKING:

Dark Chocolate Chunks
Unrefined coconut oil
Raw Local Honey
Natural Peanut Butter, creamy

VINEGAR/OIL:

Olive Oil
Sesame Oil
Rice Vinegar
Red wine vinegar

CANNED GOODS:

Chicken Stock – 2 cups
Salsa
Sriracha
1 can tomato paste
2 15 oz cans tomato sauce
Bragg's Liquid Aminos
1 can artichokes
Mayonaise, organic

DAIRY:

Unsalted butter
1 block white cheddar cheese
8 oz fresh mozzarella
Eggs – 10
Milk – 1 ½ cups
Shredded parmesan
Whole milk ricotta – ¼ cup
Yogurt, plain/organic

SPICES:

Sea salt
Black pepper
Oregano
Steak seasoning
Paprika
Red pepper flakes
Cinnamon
Garlic powder

PRODUCE:

5 peaches
1 pineapple
3 large zucchini
Strawberries, 1 carton
8 tomatoes
2 avocados
3 bananas
Basil, 2 cups
1 lb fresh green beans
2 heads broccoli
Carrots, 1 bag
1 bag shredded carrots
Celery, 1 bunch
Cilantro
Garlic, 3 heads
Ginger
Parsley, 1 bunch
Lemons, 4
Shredded lettuce
6 limes
5 onions
Bell peppers, 5
Purple Cabbage
Romaine lettuce, 3 heads
Scallions
Spinach, 4 cups

MEAT:

2 lbs ground turkey
2 lbs grassfed ground
beef
1 ½ lbs chicken tenders
4 lbs chicken breast

**** Obviously buying all organic all the time would be best. Let's get real, organic = expensive! If you can't do it all, and most of us cannot, my suggestion would be to focus on meat, dairy, and anything on the dirty dozen list. Your grocery list shows these items in blue to help you remember that they are worth the splurge ☺.