

# Clean Eating Grocery List For Beginners

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## Vegetables + Fruits

- Artichoke
- Asparagus
- Broccoli
- Carrots
- Cauliflower
- Celery (organic)
- Corn
- Cucumber
- Eggplant
- Fresh Herbs
- Garlic
- Organic Greens (kale, spinach, arugula, lettuce, chard, mustard greens, collard greens, endive)
- Green Beans
- Mushrooms
- Onion
- Peas
- Peppers (organic)
- Potatoes (organic)
- Squash (acorn, delicata, zucchini, butternut, etc)
- Sweet Potatoes
- Apple (organic)
- Avocado
- Banana
- Blackberries
- Blueberries
- Cherries (organic)
- Dates
- Dried fruit
- Grapes (organic)
- Grapefruit
- Kiwi Fruit
- Lemon/Lime
- Mango
- Melon (watermelon, cantaloupe, honeydew, etc)
- Nectarines (organic)
- Orange
- Papaya
- Peaches (organic)
- Pears (organic)
- Pineapple
- Pumello
- Raspberries
- Strawberries (organic)
- Tomatoes

## Healthy Fats

### HEALTHY OILS:

- Almond oil
- Avocado
- Avocado oil
- Coconut Oil
- Flaxseed oil
- Olives (kalamata, black and green)
- Olive Oil
- Sesame Oil
- Unrefined Safflower oil
- Unrefined Sunflower oil
- Unrefined Walnut oil

### Natural nut/seed butters:

- Almond butter
- Cashew butter
- Peanut butter
- Sunflower seed butter
- Tahini

### NUTS AND SEEDS:

- Almonds
- Brazil Nut
- Cashews
- Chia seeds
- Flaxseeds
- Hazelnut
- Macadamia nuts
- Peanuts
- Pecans
- Pepita
- Pine nuts
- Pistacios
- Pumpkin seeds
- Sunflower seeds
- Sesame seeds
- Walnuts
- Water Chestnut

## BREADS, TORTILLAS, PASTA + FLOURS

### BREADS:

- Ezekiel Bread
- Dave's Killer Bread
- Alvarado Street Bread
- Trader Joe's Whole Grain Bread

### PASTA:

- Quinoa pasta
- Brown Rice pasta
- Whole wheat pasta
- Sprouted grain pasta by Ezekiel

### FLOURS (always get Unbleached):

- Whole wheat flour
- Coconut Flour
- Almond flour
- Buckwheat flour
- Chickpea Flour (garbanzo bean flour)
- Oat flour
- Gluten free flour mixes

### TORTILLAS:

- Ezekiel tortillas
- Sprouted Wheat Tortillas
- Corn tortillas (corn, water and lime)

# CONDIMENTS + SPICES

- Mustard and Ketchup – both have added sugar usually, so always read labels looking for one that doesn't include sugar. Ketchup will be harder to find without sugar, so you might want to "google" a clean eating ketchup recipe. Or try this ketchup made with agave. Dijon mustard is usually clean and has no sugar.
- Lemon Juice/Lime Juice – always read labels on the bottled stuff. You'll usually find added preservatives. It's best to squeeze your own from fresh limes and lemons, of course.
- Vinegars – Balsamic, Red Wine, White Wine, Rice Wine, Apple Cider. These are all great for making your own salad dressings, sauces or using in recipes.
- Tea and Coffee – Both are clean. Green or herbal tea is great.
- Tamari – Clean alternative to soy sauce.
- Braggs Liquid Aminos – Adds good flavor to many dishes, another alternative to soy sauce.

## SWEETENERS:

- Honey – Pure honey.
- Maple Syrup – must be "pure" maple syrup.
- Coconut Palm Sugar – organic is best.
- Raw Agave Nectar
- Molasses – Buy the unsulfured molasses.

SPICES: (Avoid pre-made season mixes. Make your own instead with plain dried herbs and spices.)

Turmeric, cumin, chili powder, basil, oregano, parsley, chives, dill weed, sage, mustard seed, coriander, fennel, powdered ginger, cinnamon, etc. Sea Salt or Pink Himalayan Salt and Fresh Ground Black Pepper or Crushed Red Pepper Flakes.

# PROTEINS/MEATS

- Poultry** - Chicken, Turkey or Duck. When buying poultry, boneless skinless breast is best, but you can get the best bargain by purchasing the whole chicken or turkey (frozen). You can then cook it and eat all the parts.
- Eggs** – Such a great staple to clean eating diet. Go for free-range. If you choose to just eat egg whites, avoid whites you buy in a carton and just learn to separate the yolk from the whites on your own for cleaner eating. Don't always leave the yolk out as the yolk contains the bulk of the nutrition in an egg.
- Fish** – Most fish is clean, but watch out for mercury in fish. Wild caught is best.
- Beef** – Choose grass-fed and humanely raised beef. Going directly to a butcher can help you get the best cuts.
- Pork** – Be wise when choosing pork meat. Processed pork should be avoided (hot dogs, canadian bacon, ham, etc.) and is not clean. Choose only high quality cuts of pork from your butcher.
- Venison** – A great alternative to beef. Venison is very lean and healthy.
- Tofu** - Only get organic to avoid GMO's.

# DAIRY PRODUCTS

- Milk – Raw milk is best, but might be hard to find & expensive. Always opt for organic. Full-fat milk is OK. With low fat milk, understand that the lower in fat you go, typically the more processed it is.
- Cheese – Eat cheese in moderation. It has a high fat content. Real cheese is best, with the least amount of additives. Avoid pre-shredded cheeses - they contain anti-caking agents. Shred your own blocks. Real grated Parmesan cheese is acceptable in moderation.
- Yogurt – Make sure it's plain whether you choose Greek or Regular yogurt. Add your own fresh fruit. If you want it sweet use maple syrup or honey. Avoid fat free or reduced fat.
- Cottage cheese – Avoid fat free. Full fat is best, but you can also use low fat. Like milk, the lower the fat, the more processed it is.
- Unsweetened soy milk – Only get organic to avoid GMO's.
- Unsweetened almond milk – Always read labels. Simple is best and making your own is even better – and pretty easy, too!
- Unsweetened rice milk – Make sure it's made from brown rice. Homemade is best.
- Unsweetened coconut milk – Canned is best. Be sure to read labels. The Thai Kitchen brand is clean. Light coconut milk is okay to have.

# BEANS, LEGUMES + WHOLE GRAINS

## BEANS + LEGUMES:

- Black beans
- White beans
- Red Beans
- Kidney Beans
- Pinto Beans
- Adzuki Beans
- Lima Beans
- Black Eyed Peas
- Garbanzo beans (chickpeas)
- Soy Beans (edamame)
- Lentils (Brown, green, red, yellow)
- Split Peas

## WHOLE GRAINS:

- Brown Rice
- Wild Rice
- Red Rice
- Basmati Rice
- Jasmine Rice
- Quinoa
- Barley
- Millet
- Farro
- Whole wheat couscous
- Tempeh (great source of protein for vegetarians)
- Oats (plain with no additives, steel cut or regular)