

# Clean Eating

## SHOPPING LIST

### PROTEINS & DAIRY

- 4 oz cheddar cheese
- 2 dozen large eggs
- 8 slices (about 7 oz) uncured ham (no added nitrates or nitrites)
- 8 oz ground chicken
- 1½ lb boneless chicken thighs
- 12 oz boneless, skinless chicken breast
- 14 oz medium shrimp, peeled and deveined
- 1 lb wild cod
- 1 7-oz container plain full-fat Greek yogurt
- 32 oz unsweetened almond milk

### VEGGIES & FRUITS

- 2 shallots
- 2 lb spinach
- 4 stalks lemongrass
- 3 bunches green onions
- 1 3-inch piece ginger
- 2 small Thai chile peppers
- 1 bunch cilantro
- 1 head garlic
- 10 carrots
- 2 heads cauliflower
- 3 small green chiles (such as serrano)
- 3 limes
- 1 orange
- 1 lemon
- 1 English cucumber
- 1 Roma tomato
- 1 head romaine lettuce
- 1 head cabbage
- 1 sweet potato
- 1 yellow onion
- 2 red sweet bell peppers
- 1 green bell pepper
- 1 16-oz bag frozen pineapple
- 1 16-oz bag frozen mango

### NUTS, SEEDS & OILS

- 1 bag ground flaxseeds
- 1 bag almond flour
- 1 bag coconut flour
- 1 bag arrowroot
- 1 bottle extra-virgin olive oil
- 1 jar coconut oil
- 3 oz raw unsalted cashews

### PANTRY STAPLES

- 1 bag brown rice
- 1 bottle fish sauce
- 1 5.5-oz can tomato paste
- 1 bottle reduced-sodium tamari sauce
- 1 14-oz BPA free can coconut milk
- 1 bottle apple cider vinegar
- 1 jar raw honey
- 1 bottle rice vinegar
- 1 jar avocado oil mayo
- 1 bottle sriracha
- 1 container matcha powder
- 1 container collagen protein powder
- 16 oz unsweetened coconut water
- 1 bag chia seeds
- 1 bottle liquid monkfruit (optional)
- 1 jar tahini
- 1 box baking soda
- sesame seeds (optional)
- poppy seeds
- onion powder
- sea salt
- ground black pepper
- turmeric
- curry powder
- ground cumin
- ground coriander
- paprika 🌶️