

Eat Right. Lose Weight.  
Feel Better About Yourself.



## The Essential Clean Eating **SHOPPING LIST**

### Lean Meats

Chicken Breast  
Turkey (*Ground*)  
Top Round Steak  
Pork Tenderloin

Buffalo (*Ground*)  
Pork Loin Chop  
Swordfish  
Shrimp

Salmon (*Wild*)  
Mahi Mahi  
Tuna (*in Water*)  
Eggs

### Fruits & Vegetables

Avocado  
Blueberries  
Raspberries  
Blackberries  
Strawberries  
Apples  
Bananas  
Grapefruit

Kiwi  
Lemons  
Yellow Squash  
Spaghetti Squash  
Zucchini  
Sweet Potato  
Tomatos  
Cucumber

Broccoli  
Cauliflower  
Asparagus  
Onion  
Bell Peppers  
Kale  
Spinach  
Romaine Lettuce

### Grains & Legumes

Quinoa  
Brown Rice  
Steel Cut Oats

Raw Almonds  
Raw Walnuts  
Raw Cashews

Black Beans  
Chickpeas

### Dairy

Greek Yogurt

Cottage Cheese

Block Cheese