

Clean Eating Grocery List

FRUITS

BANANAS
APPLES
GRAPES
BLUEBERRIES
LEMONS

GRAINS & GOOD CARBS

BROWN RICE / WILD RICE
OATMEAL
SWEET POTATOES
BROWN PASTA

VEGGIES

SPINACH
BROCCOLI
CARROTS
BELL PEPPERS

HEALTHY FATS

ALMONDS
PEANUT BUTTER
EXTRA VIRGIN OLIVE OIL

PROTEIN

CHICKEN BREAST **BLACK BEANS**
GROUND TURKEY **EDAMAME**
SHRIMP
FRESH SALMON
CANNED TUNA

DAIRY

NONFAT GREEK YOGURT
NONFAT COTTAGE CHEESE
EGGS
NONFAT/LOWFAT MILK
PART SKIM CHEESE

QUICK TIPS

- 1. FEEL FREE TO PRINT OUT THE BLANK GROCERY LIST & ADD YOUR OWN IDEAS.**
- 2. STEAM, GRILL, OR BAKE**
- 3. SPEND TIME OUTSIDE**
- 4. DRINK WATER OFTEN!**

christian
SINGLE MAMA