

# Clean Eating Grocery List

[juliahaletfitness.com](http://juliahaletfitness.com)

When it comes to healthy eating and living a fit lifestyle in general, what you eat plays a major role. It's not hard to eat clean, you just have to know what to shop for. Fill your fridge and pantry with a few items from each category on my shopping list and your ready to go. \*Real, fresh food is always the best pick - you'll notice I avoid buying processed foods as much as possible. Few items have labels, those that do contain ingredients that my grandmother would know.

## Vegetables + Fruits

- o Artichoke
- o Asparagus
- o Beets
- o Broccoli
- o Brussels sprouts
- o Carrots
- o Cauliflower
- o Celery
- o Corn
- o Cucumber
- o Eggplant
- o Green Beans
- o Greens (kale, chard, spinach, arugula, lettuce, endive, etc.)
- o Mushrooms
- o Onion
- o Peas
- o Peppers
- o Squash (acorn, yellow, delicata, butternut, zucchini, spaghetti, etc)
- o Apples
- o Bananas
- o Berries (blueberries, blackberries, strawberries, raspberries, etc)
- o Cherries
- o Dates
- o Grapes
- o Grapefruit
- o Kiwi
- o Mango
- o Melon (watermelon, cantaloupe, honeydew, etc)
- o Nectarines
- o Oranges
- o Papaya
- o Peaches
- o Pears
- o Pineapple
- o Pummelo
- o Tomatoes

## Proteins/Meats

- o Poultry (chicken, turkey, etc) - choose bone-in, skinless breasts or thighs.
- o Fish (tuna, salmon, cod, etc.) - choose wild caught when possible
- o Beef/Bison - choose lean ground beef, sirloin, top loin and other lean cuts. Grass-fed when possible.
- o Pork - choose tenderloin and other high quality cuts.
- o Eggs - try to choose free-range when possible.  
Egg whites are fine, but don't always leave out the yolk.
- o Tofu - buy organic as often as possible.
- o Greek yogurt - choose plain, fat % dependant on how you choose to use it but often, 0%.
- o Cottage Cheese - choose plain, fat % dependant on how you choose to use.

## Healthy Fats

- o Oils - olive, walnut, avocado, raw coconut, flaxseed, sesame, unrefined safflower or sunflower
- o Nuts/Seeds - almonds, brazil nuts, cashews, chia, flax, hazelnuts, macadamia, peanuts, pecans, pepitas, pine nuts, pistachio, sunflower seeds, walnuts, etc
- o Nut/Seed Butters - almond, peanut, cashew, sunflower, tahini (sesame)
- o Avocado

## Beans + Legumes + Whole Grains + Potatoes

- o Black beans
- o Cannellini beans
- o Red kidney beans
- o Pinto beans
- o Lima beans
- o Black eyed peas]
- o Garbanzos (chickpeas)
- o Edamame
- o Lentils
- o Oats
- o Brown rice
- o Wild Rice
- o Brown Basmati Rice
- o Quinoa
- o Barley
- o Farro
- o Sweet Potato
- o Potato

## Sweeteners

- o Pure maple syrup
- o Raw Agave Nectar
- o Stevia
- o Honey - local and raw is your best choice
- o Coconut Palm Sugar

## Beverages (non-alcoholic)

- o Water
- o Unsweetened Iced Tea
- o Sparkling Water
- o Organic coffee beans

## Breads + Tortillas + Pasta

- o Ezekial bread
- o Dave's Killer bread
- o Locally made, no additives bread - rye, wheat, multigrain, sourdough
- o Sprouted wheat tortillas
- o Corn tortillas
- o Whole wheat tortillas
- o Whole wheat pasta
- o Brown rice pasta
- o Quinoa pasta

## Dairy Products

- o Milk - always choose organic.
- o Cheese (Parmesan, goat, Asiago) - always choose real cheese and eat in moderation. The more flavor the better (you use less).
- o Yogurt - for Greek yogurt see above. By plain and unsweetened; add your own.
- o Milk Alternatives (almond, coconut, soy, etc.) - always buy unsweetened and read the label to avoid additives.

## Flavor Boosts

- o Vinegar - balsamic, red wine, apple cider, white, white wine, rice wine, naturally flavored
- o Citrus - lemon, lime, etc (see above)
- o Fresh Herbs - parsley, sage, tarragon, thyme, cilantro, chive, rosemary, etc.
- o Dried spices - dried herbs, cinnamon, cumin, chili, ginger, turmeric, mustard seed, red pepper flakes, paprika, smoked paprika, etc.
- o Hot Sauce - read the label to avoid additives
- o Tamari
- o Mustard - Dijon, whole grain, etc.; read the label to avoid added sugars
- o Braggs Liquid Aminos
- o Salt - choose kosher or sea salt when possible (a little goes a long way); smoked salts and high end salts add lots of flavor with just a pinch

## \*Notes

o A variety of foods can belong in numerous categories (i.e. milk and cheese contain protein) but for shopping purposes, I find this breakdown to be the easiest to follow.

o Don't feel that you have to buy everything at once. A healthy pantry takes shape over time. Build a variety so that you always have something on hand. My pantry typically contains a couple of oils, 2-3 vinegars, 2 nut butters, hot sauces and spices galore, as well as rices and beans. My fridge always has eggs, yogurt and a milk alternative, as well as sparkling water. I try to freeze bulk purchases of meats and fruits, but I purchase fresh fruit, veggies, and meat on most trips to the store.