

## SHOPPING LIST

### PROTEINS & DAIRY

- ☐ 7 large eggs
- ☐ 1 lb ground beef
- ☐ 1 pkg turkey bacon, no nitrates or nitrites
- ☐ 2 5-oz salmon fillets
- ☐ 2 15-oz BPA-free cans chickpeas
- ☐ 1 15-oz BPA-free can black beans
- ☐ 1 carton whole milk
- ☐ 3 sticks organic unsalted butter
- ☐ 2 slices aged cheddar cheese
- ☐ 2 oz goat cheese or feta
- ☐ 2 oz Parmesan cheese

### VEGGIES & FRUIT

- ☐ 2 yellow onions
- ☐ 1 red onion
- ☐ 1 head garlic
- ☐ 1 1/2-inch piece ginger
- ☐ 7 oz mixed greens
- ☐ 2 oz baby spinach
- ☐ 4 cooked beets  
(**TRY:** Love Beets Cooked Beets)
- ☐ 2 red bell peppers
- ☐ 1 yellow bell pepper
- ☐ 2 carrots
- ☐ 3 oz white mushrooms
- ☐ 1 bunch broccolini
- ☐ 1 zucchini
- ☐ 4 oz edamame
- ☐ 1 bunch fresh flat-leaf parsley
- ☐ 1 avocado, optional
- ☐ 3 oz pitted dates
- ☐ 3 oz dried unsweetened apricots
- ☐ 3 oz dried cranberries

### NUTS, SEEDS & OILS

- ☐ 2 oz unsalted walnuts
- ☐ 2.5 oz raw sunflower seeds
- ☐ 2.5 oz raw sesame seeds

### HERBS & SPICES

- ☐ 1 jar sea salt
- ☐ 1 jar ground black pepper
- ☐ 1 jar red pepper flakes
- ☐ 1 jar Italian seasoning
- ☐ 1 jar garlic powder
- ☐ 1 jar paprika
- ☐ 1 jar ground turmeric
- ☐ 1 jar dried oregano
- ☐ 1 jar dried thyme
- ☐ 1 jar dried rosemary
- ☐ 1 jar ground cumin

### PANTRY STAPLES

- ☐ 1 carton low-sodium vegetable broth
- ☐ 1 bag brown rice
- ☐ 8 oz whole-grain bowtie pasta
- ☐ 1 bag whole-grain English muffins
- ☐ 4 6-inch whole grain tortillas
- ☐ 1 bag rolled oats
- ☐ 1 bottle extra-virgin olive oil
- ☐ 1 bottle balsamic vinegar
- ☐ 1 bottle reduced-sodium tamari
- ☐ 1 bottle sesame oil
- ☐ 1 bottle rice vinegar
- ☐ 1 bottle sriracha, optional
- ☐ 1 bottle Dijon mustard
- ☐ 1 bottle pure maple syrup
- ☐ 1 jar pesto
- ☐ 1 jar avocado oil mayonnaise
- ☐ 1 bag unsweetened shredded coconut
- ☐ 1 bag coconut sugar
- ☐ 1 jar raw honey
- ☐ 1 bottle pure vanilla extract
- ☐ 1 bottle dry white wine

# Clean Eating