

# Clean Eating Grocery List



Compliments of HASfit.com. Visit HASfit for healthy recipe ideas.

## Whole Grains and Unprocessed Legumes

- Brown rice
- Quinoa
- Millet
- Freekah
- Buckwheat
- Barley
- Groats
- Steel-cut or rolled oats
- Sprouted grain bread, wraps, or tortillas
- Lentils
- Black beans
- Chickpeas
- Black eyed peas

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## Vegetables

- Spinach
- Kale
- Swiss chard
- Collard greens
- Broccoli
- Brussel sprouts
- Cauliflower
- Cabbage
- Carrots
- Beets
- Onions
- Peas
- Garlic
- Asparagus
- Mushrooms

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## Oils and Condiments

- Extra-virgin olive oil
- Coconut oil
- Sesame oil
- Black pepper
- Pink Himalayan Sea Salt or regular sea salt
- Dijon mustard
- Stevia
- Coconut palm sugar
- Apple cider vinegar
- Balsamic vinegar
- Maple syrup
- Honey
- Low sodium vegetable or chicken stock
- Low sodium Tamari sauce (gluten free)
- Low sodium soy sauce

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**Dairy and Dairy Free**

- Greek yogurt
- Low-fat or skim milk
- Almond milk
- Hemp milk
- Coconut milk
- Low-fat cottage cheese
- Low-fat cheeses

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**Protein**

- Grass fed lean meats
- Skinless chicken or turkey
- Low nitrate and minimally processed deli meats
- Eggs
- Salmon
- Tuna
- Herring
- Black cod
- Whole soy foods (tofu, tempeh, edamame, or soy nuts)
- Plant based or whey protein powders

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**Healthy Herbs and Spices**

- Cinnamon
- Rosemary
- Thyme
- Basil
- Ginger
- Cilantro
- Parsley
- Turmeric
- Chili peppers
- Garlic
- Curry powder
- Cayenne
- Cacao powder or cacao nibs

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**Seeds and Nuts**

- Walnuts
- Hemp seeds
- Chia seeds
- Flaxseeds (ground flax is also good)
- Almonds (to include almond butter)
- Cashews
- Natural Peanut Butter
- Raw/unsalted sunflower seeds
- Sesame seeds
- Pumpkin Seeds

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**Beverages**

- Water
- Teas – Green, Oolong, unsweetened, etc
- Kombucha
- Coconut water
- Flavored Watered

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**Fresh fruits**

- Blueberries
- Goji berries
- Strawberries
- Raspberries
- Blackberries
- Pomegranates
- Pink grapefruit
- Lemons
- Pears
- Banana
- Peaches
- Pineapple
- Oranges
- Avocado

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