

EAT CLEAN SHOPPING LIST

FRUIT/VEG

- BANANAS
- APPLES
- KIWIS
- AVOCADO
- BLUEBERRIES
- STRAWBERRIES
- MUSHROOM
- PEPPER
- LETTUCE/SPINACH
- SWEET POTATO
- TOMATOES
- ONION
- CAULIFLOWER
- KALE

PROTEIN

- TURKEY/CHICKEN
- LEAN BEEF
- FISH(FRESH/FROZEN)
- TOFU/TEMPEH

FRIDGE

- CHEESE
- YOGURT
- MILK OF CHOICE

CUPBOARD STAPLES

- RICE
- OATS
- WHOLEGRAIN PASTA
- RICE CAKES
- PB/ALMOND BUTTER
- NUT/TRAIL MIX
- SPICES(CHILLI, PAPRIKA ETC)
- CARB LITE WRAPS
- DARK CHOCOLATE (80%+)
- COCOA POWDER
- PINE NUTS
- TINNED SOUPS
- TINNED LEGUMES
- SOURDOUGH BREAD
- KIMCHI/SAUKRAUT
- SWEETNER (HONEY ETC)
- ALMOND FLOUR
- OLIVES
- GHERKINS

GO ORGANIC WHEREVER

POSSIBLE