Jessica in the Kitchen’s

Clean Eating Grocery List

**TIPS:**
1. Buy Organic as often as possible.
2. Personalize this list with your favorite healthy ingredients.
3. Enjoy!

### Vegetables
- Asparagus
- Arugula
- Bell Peppers
- Broccoli
- Carrots
- Cauliflower
- Cucumbers
- Eggplant
- Garlic
- Kale
- Lettuce
- Mushrooms
- Onions
- Parsley
- Spinach
- Sweet Potatoes
- Tomatoes
- Zucchini

### Fruits
- Apples
- Avocados
- Bananas
- Blueberries
- Blackberries
- Cherries
- Grapes
- Guavas
- Kiwis
- Lemons
- Mangos
- Oranges
- Peaches
- Pears
- Plums
- Pineapples
- Raspberries
- Strawberries
- Watermelon

### Beans
- Black Beans
- Chickpeas
- Lentils
- Cannellini
- Kidney Beans
- Split Peas
- Edamame
- Hummus

### Nuts & Seeds
- Flax Seeds
- Chia Seeds
- Cashews
- Peanuts
- Almonds
- Walnuts
- Pistachios
- Pecans
- Nut Butters
- Sunflower Seeds

### Protein, Dairy & Eggs
- Almond Milk
- Coconut Milk
- Feta Cheese
- Goat Cheese
- Greek Yogurt
- Organic Eggs
- Tofu
- Tempeh

### Grains
- Amaranth
- Quinoa
- Farro
- Coconut Flour
- Rolled Oats
- Brown Rice
- Sorghum
- Spelt

### Pantry Essentials
- Coconut Oil
- Olive Oil
- Liquid Aminos
- Balsamic Vinegar
- Apple Cider Vinegar
- Dijon Mustard
- Cinnamon
- Hot Sauce
- Sea Salt & Pepper
- Turmeric
- Red Wine Vinegar
- Red Pepper Flakes
- Nutritional Yeast
- Chili Paste

### Baking Supplies
- Gluten Free Flours
- Coconut Sugar
- Baking Powder
- Baking Soda
- Xanthan Gum
- Cocoa Powder/Cacao Nibs
- Honey/Maple Syrup/Agave
- Unsweetened Coconut Flakes
- Unrefined Whole Wheat Flour
- Dark Chocolate
- Red Wine Vinegar
- Red Pepper Flakes
- Nutritional Yeast
- Chili Paste

### Drinks
- Coconut Water
- Tea & Kombucha