



# How to Incorporate Clean Eating into Your Busy Life

Your Basic Shopping List to Get You Started!

## CLEAN EATING TIPS

When you're just starting out with clean eating, you may be intimidated about where to start. A good rule is to shop the perimeter of the store. This is a simple list for beginners. Adjust it for what's available in your area.

Chris C

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*Courtesy of [AMidlifeWife.com](http://AMidlifeWife.com)*

## **Breads:**

Look for brands that have whole grains and are clean. Trader Joes brand of whole grain breads and Ezekial brand breads are a couple of suggestions.

Tortillas (make your own)

## **Dairy & Non-Dairy:**

- Milk – Raw milk is the cleanest milk but may be hard to find. Organic, full fat milk is the next best thing.
- Yogurt – Always opt for plain Greek yogurt when you can.
- Cheese, in moderation only. Make sure it's real cheese. Avoid pre-shredded.
- Unsweetened almond milk. Check the ingredients. It's best to make your own.
- Unsweetened coconut milk. This is the kind that comes in cans, NOT the stuff in the cartons.
- Eggs

## **Meat:**

- Chicken & Turkey (not deli meat)
- Beef can be part of a clean eating diet so long as you choose grass fed and humanely raised beef. Venison and bison have a similar flavor to beef.

- Pork. Avoid processed pork like ham, bacon or any other processed pork.
- Fish is considered clean, just be aware of the mercury found in most fish.

**Produce:**

Stock up here. The produce section will be where you load up. One point of caution: don't buy more than you can use in a week unless you plan on preparing and freezing some of it. You don't want it to go to waste.

**Any fresh fruit you enjoy. Fruits include:**

- Apples
- Oranges
- Grapefruits
- Bananas
- Avocados
- Berries of all kinds
- Cherries
- Kiwi
- Star fruit

**All fresh veggies you enjoy. Veggies include:**

- Carrots, Celery
- Broccoli
- Bell Peppers, all colors
- Zucchini
- Eggplant
- Any variety of squash
- Kale, Spinach

- Chard, Collard greens
- Okra
- Green beans
- Tomatoes
- Sweet potatoes
- Onions of any variety

**Other Items:**

- Green tea, Coffee
- Plain Oatmeal. Choose steel cut oats or traditional rolled oats. Quick oats are best used for baking.
- Canned items with no added sugar or sodium.
- Dry beans and legumes including lentils, black beans, chickpeas.
- Brown rice
- Whole wheat or whole grain (like brown rice) pasta
- Other whole grains such as barley
- Nuts, seeds such as Quinoa, sunflower seeds, sesame seeds, chia or flaxseed.
- Ketchup. Find a clean ketchup.
- Mustard. Look for ones without added sugar or choose Dijon.
- Honey, Pure Maple Syrup, Molasses.
- Spices. Never purchase seasoning packets.
- Whole wheat flour, Whole wheat pastry flour for baking, White whole wheat flour, Coconut flour, Almond Flour, or other gluten free flours.