

The header features the title 'Clean Eating Grocery List' in a mix of fonts. 'Clean Eating' is in a bold, dark purple sans-serif font, while 'Grocery List' is in a large, white, cursive script. To the left of the text are illustrations of a green leafy vegetable, a sliced tomato, and a cucumber. To the right are a purple citrus slice, a green broccoli floret, and an orange slice.

Clean Eating Grocery List

VEGETABLES

- Acorn Squash
- Arugula
- Asparagus
- Broccoli
- Brussel Sprouts
- Butternut Squash
- Cabbage
- Carrots
- Cauliflower
- Collard Greens
- Cucumber
- Garlic
- Kale
- Leaf lettuce
- Romaine lettuce
- Mustard greens
- Onion
- Peas
- Peppers
- Zucchini

MEAT AND DAIRY

- Grass Fed Beef
- Antibiotic free chicken
- Wild Alaskan Salmon
- Ground Turkey (antibiotic-free)
- Eggs
- Block Cheese (like Cheddar)
- Plain fullfat yogurt
- Raw Milk
- Full-fat pasteurized
- Grass Fed Butter (Kerrygold)

FRUITS

- Apple
- Banana
- Fruits
- Blackberries
- Blueberries
- Grapes
- Grapefruit
- Kiwi Fruit
- Lemon
- Lime
- Mango
- Orange
- Papaya
- Pear
- Pineapple
- Strawberries
- Watermelon

GRAINS AND BEANS

- Jasmine Rice
- Oatmeal
- Millet
- Popcorn
- Ezekial Bread
- Dave's Killer Bread
- Ezekial Tortillas
- Corn Tortillas
- Lentil Pasta
- Cauliflower and Lentil Pasta
- Brown Rice Pasta
- Lentils
- Black Beans
- Black Eyed Peas
- Pinto Beans

PANTRY STAPLES

- Real Salt or Himalayan Salt
- Braggs Apple Cider Vinegar
- Sprouted Wheat Flour
- Einkorn Wheat Flour
- Coconut Flour
- Coconut Milk
- Honey
- Stevia
- Maple Syrup
- Sucanat
- Lemon Juice
- Garlic, Basil, Oregano etc.

OILS

- Cold-Pressed Avocado oil
- Virgin Coconut oil
- Expeller Pressed Sesame Oil
- Extra Virgin Olive oil
- Grass Fed Tallow
- Unrefined Palm Oil

HEALTHY SNACK

- Jif Natural Peanut Butter
- Pumpkin Seeds
- Almonds
- Applesauce
- RX Bar
- Larabar
- Good Health Inc. Avocado oil
- Potato Chips
- Dang Coconut Chips
- Inka Crops Plantain Chips