

7-Clean Eating Challenge

GROCERY LIST

You can find the 7-Day clean eating challenge and meal plan with recipes here.

PRODUCE

- 2 Avocados
- Tomatoes, (cherry also would work) we need around 3 cups (1 pound / 0.5 kg)
- Spinach (we need 2-3 cups, you can also use spinach instead of arugula in most recipes)
- 3 Cucumbers (or 6-7 small cucumbers)
- Scallions, bunch
- Asparagus, bunch
- 2 Zucchini
- 3 Carrots
- Arugula
- 1 Lettuce
- 2 Bell peppers
- 1 Onion
- Pak Choy or Cabbage
- Broccoli (use in fried millet recipe and if you can't find asparagus)
- Garlic, 1 head
- Parsley, bunch
- Basil, bunch
- Cilantro, bunch
- Berries (a pack, can also buy frozen and unsweetened)
- 2 Lemons
- 2 Bananas
- Fresh ginger (optional, only a tbsp needed)

MEAT, EGGS, DAIRY

- 8 oz /200g Chicken breast or boneless skinless chicken thighs
- 6 Eggs
- Plain Yogurt (we need 2 1/2 cups)
- Parmesan (optional, small amount needed)
- Mozzarella (optional, small amount needed)
- 1 lb / 500g Salmon
- Almond milk (optional - you can also use water)

NUTS & SEEDS

- Almond Butter
- Walnuts
- Sesame Seeds
- Chia Seeds
- Flaxseed
- Tahini (for the hummus)

PANTRY

- Olive oil
- Coconut oil
- Oats
- Quinoa
- Chickpeas, canned - we need 3 cans
- Honey or maple syrup
- Vinegar
- Baking soda
- Olives
- Sun-Dried Tomatoes (or tomato paste)

SPICES

- Cinnamon
- Black pepper
- Crushed Red Pepper
- Rosemary
- Salt

OTHER/ OPTIONAL

- Tzatziki (read labels)
- Hummus (read labels)
- Frozen peas