

GROCERY LIST

DATE: _____

✓ PRODUCE

- Avocado
- Bell pepper
- Carrots
- Tomatoes/cherry tomatoes
- Cucumber
- Onion
- Garlic
- Spring onions
- Zucchini
- Arugula
- Mint
- Parsley
- Dill
- Basil
- Cilantro
- Cabbage
- Broccoli
- Lettuce
- Apple
- Blueberries
- Lemon
- Radishes
-
-

✓

-
-
-
-
-
-

✓ HERBS & SPICES

- Pepper
- Salt
- Chili flakes or powder
- Cinnamon
- Basil, Dried
- Mint, Dried
- Oregano, Dried
- Vanilla

✓ PANTRY

- Olives
- Olive oil
- Coconut oil
- Quinoa
- Canned Chickpeas
- Oats
- Canned Tuna
- Tortillas
- Vinegar
- Honey/Maple Syrup
- Baking Soda
- Tomato Paste
- Tahini
- Almond/Peanut Butter

✓

-
-
-
-
-
-

✓ NUTS & SEEDS

- Sesame Seeds
- Nigella Seeds
- Flaxseed
- Shredded Coconut
- Sunflower Seeds
- Almonds
- Walnuts/Pecans
- Chia Seeds
- Cashews

✓ DAIRY & EGGS

- Yogurt
- DF Milk
- Eggs
- Feta cheese

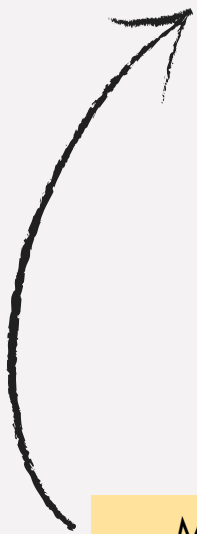
✓ PROTEIN

- Skinless, boneless chicken
- Salmon
- Shrimp
- Calamari
-
-

✓

-
-
-
-
-
-

FOR MORE HEALTHY RECIPES & TIPS GET THE CLEAN EATING BINDER



MORE THAN 100 HEALTHY RECIPES (DF & GF), PRINTABLES AND
TIPS TO STAY ORGANIZED IN THE KITCHEN AND IN LIFE + MORE

USE CODE NTB20 FOR 20% OFF