

ambitious
KITCHEN

Clean Eating

GROCERY LIST

Include more of these foods in your diet to promote a healthy lifestyle. Try and purchase organic whenever possible.

FRUIT

- Apples
- Avocados
- Bananas
- Blueberries
- Lemons
- Limes
- Watermelon
- Pineapple
- Raspberries
- Strawberries
- Blackberries
- Cherries
- Mango
- Dates
- Grapes

VEGETABLES

- Asparagus
- Sweet potatoes
- Onions
- Bell peppers
- Broccoli
- Romaine lettuce
- Spinach
- Kale
- Arugula
- Grape tomatoes
- Jalapenos
- Edamame
- Carrots
- Celery

- Cucumbers
- Zucchini
- Cauliflower
- Eggplant
- Brussels sprouts
- Mushrooms
- Butternut squash
- Pumpkin
- Acorn Squash
- Spaghetti squash
- Green beans
- Peas

BEANS & LEGUMES

- Black beans
- Chickpeas/garbanzo beans
- Kidney beans
- Edamame
- Lentils
- Hummus

NUTS & SEEDS

- All natural nut butters
- Sunflower seeds
- Chia seeds
- Flax seeds
- Hemp seeds
- Pumpkin seeds
- Almonds
- Cashews
- Walnuts
- Pistachios

Brazil Nuts
Hazelnuts

GRAINS

Sprouted bread
Brown rice
Black rice
Whole wheat pasta
Brown Rice Pasta
Quinoa
Rolled oats
100% whole wheat tortillas

MEAT & SEAFOOD

Lean ground turkey
Lean ground chicken
Boneless, skinless chicken
Wild salmon
Shrimp
Turkey bacon
Tuna

DAIRY

Organic or free pasture eggs
Unsweetened almond milk
Plain greek yogurt
Goat cheese
Feta cheese
Full fat cheese
2% Cottage Cheese

BAKING SUPPLIES

Baking powder
Baking soda
Coconut sugar
Unsweetened applesauce
Cocoa powder
Honey/Agave nectar/Maple syrup/Coconut
Palm Syrup
Whole wheat flour

Unsweetened coconut
Coconut flour
Almond meal/flour
Chickpea flour
Quinoa flour
Oat Flour
Dairy free chocolate chips
Dark chocolate bars

PANTRY STAPLES

Chili powder
Garlic powder
Onion powder
Dried oregano
Cumin
Salt & Pepper
Red pepper flakes
Cayenne pepper
Allspice
Sesame seeds
Olive oil
Avocado oil
Coconut Oil
Sesame oil
Gluten Free Soy sauce
Chili paste
Hot sauce
Apple cider vinegar
Red wine vinegar

HERBS

Garlic
Basil
Cilantro
Parsley
Dill
Chives
Rosemary