



## Base Clean Cut Staple Grocery List (check off what you need in your pantry)

### Staples:

- Organic pasture-raised eggs
- Avocado
- Nut butter
- Raw nuts
- Nitrate-free deli turkey
- Veggies for snacking and roasting as sides
- Hummus
- Olive oil/Sesame Oil/Coconut Oil (comes with no flavor, check Whole Foods or health food store)
- Low sodium soy sauce or tamari or coconut aminos
- Irish butter
- Canned Tuna/Chicken
- natural mustard of your choice
- Organic Mayo or Avocado Mayo
- Salsa
- Lemons
- Limes
- Apple Cider Vinegar/White Wine Vinegar/Red Wine Vinegar/Balsamic Vinegar/Rice Wine Vinegar
- Red pepper flakes/Chili Powder
- Cumin
- Pink Himalayan Salt
- Almond and Coconut flour and flaxseed meal, in health food aisle or health store
- Vegetable/beef/chicken stock
- Honey

## For your recipes:

- Lettuce
- Spaghetti squash
- Frozen shelled edamame
- Cauliflower rice
- Cherry tomato/tomato/diced
- Carrots
- Cucumber
- Asparagus
- Brussel sprouts
- Kale
- Sweet Potatoes
- Shredded carrots/carrots
- Shredded cabbage
- Jalapeno peppers
- Garbanzo beans
- Kidney Beans
- Red onion
- Onion
- Scallions
- Shallots
- Fresh Ginger
- Ginger paste
- Cilantro
- Basil/parsley/oregano/bay leaf
- Garlic
- Sesame Seeds
- Sliced almonds/pecans/pine nuts/
- Chia Seeds
- Unsweetened Almond and Coconut Milk
- Unsweetened coconut flakes (optional)
- Ground cayenne pepper
- Cinnamon
- Pumpkin spice
- Italian Seasoning
- Vanilla



- Cacao powder
- Plain greek yogurts
- Quinoa
- Parmesan cheese
- Pesto (from the refrigerator section)
- Organic Popcorn kernels
- Brown paper bags
- In Season Fruit
- Berries of choice

**Proteins:**

- Ground turkey (92% lean)
- Ground chicken (92% lean)
- Chicken breast
- Boneless chicken thighs
- Salmon
- Fish of your choice
- Shrimp
- Steak (1x a week at most)
- Tempeh
- Tofu