



Grocery List for Week 1

Look at your menu, pick your meals, check out the recipes. All the ingredients are listed below. Print and circle the ones you need for the recipes you choose. Note any staples not on the list. You will learn to keep a Clean Pantry with the staples you love!

Staples

- Eggs
- Avocado
- Nut Butter
- Raw Nuts (cashews for butternut squash sauce) plus any others you like for snack
- Deli Turkey (Store baked or nitrate free)
- Veggies for snacking and roasting as sides
- Hummus
- Olive oil/Sesame Oil/Coconut Oil
- Low Sodium Soy Sauce or Tamari
- Franks Red Hot sauce
- Irish Butter
- Canned Tuna/Chicken
- Honeycup Mustard
- Dijon Mustard
- Mayo
- Salsa
- Lemons
- Limes
- Apple Cider Vinegar/White Wine Vinegar/Red Wine Vinegar/Balsamic Vinegar/Rice Wine Vinegar
- Red Pepper Flakes/Chili Powder/Ground Cayenne Pepper
- Cumin/Cinnamon
- Garlic/Garlic Powder/Onion Powder/Chili Powder
- Paprika
- Sea Salt/Kosher Salt
- Vegetable/Beef/Chicken Stock (low sodium)
- Honey



For Your Recipes

- Lettuce
- Cauliflower Rice
- Celery
- Butternut Squash (already chopped packages)
- Zucchini
- Broccoli
- Kale
- Spinach
- Asparagus
- Cucumber
- Mushrooms of choice
- Bell Peppers
- Golden Beets
- Fennel
- Cherry Tomato/tomato/diced
- Carrots
- Shredded Cabbage
- Brussel Sprouts
- Shredded Carrots/carrots
- Cole Slaw Bag/Bean Sprouts
- Red Onion
- Onion
- Green Onion
- Shallots
- Fresh Ginger
- Cilantro/Parsley/Basil/Rosemary/Thyme
- Basil/Parsley/Oregano/Bay Leaf
- Unsweetened Almond and Coconut Milk
- Unsweetened Dried Cranberries
- Vanilla
- Pesto
- Coconut Water
- Small Orange Juice
- Great Northern Beans
- Ground Cloves
- Green Chilies



Proteins

- Ground Turkey/Ground Pork/Ground Lean Beef (85-95%) (if you are making any of the taco, pesto meats or mini meatloaves recipes)
- Chicken Breast (if you can, organic is always best)
- Shrimp
- Tofu

Notes and Additional Items:

Clean Cut Grocery Shopping Fact of The Week!

Trader Joe's heat and serve grilled chicken strips are a great grab.

Easy to throw on salad or grab for a snack. You can find in the deli section. Costco also has a nitrate free pack now too!

