



# Clean Eating Shopping List & Pantry Guide

Clean Eating Kitchen.com



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If healthy grocery shopping is overwhelming to you, then this clean eating guide will be your best friend. Learn what to stock up on, how to read labels, money-saving tips, and more. This guide is part of the Clean Eating Jumpstart Challenge hosted by Carrie Forrest, MPH in Nutrition.

## Choosing Healthy Foods

- Avoid packaged goods, such as chips and frozen meals. Most of these aren't nutrient-dense and they're often expensive. You'll want the majority of your diet to be fresh, whole foods you prepare yourself.
- Read your labels on packaged goods. This is especially important if you have food allergies or intolerances. In general, you'll want to reconsider anything with added sugar, preservatives, artificial coloring or flavors, and excess sodium.

## Saving Money

- Don't shop when you're hungry! It will distort your perception of what you actually need. You'll be more likely to pick up higher calorie foods (usually junk foods!) and add way more to your cart than you need.
- Meal plan and create a list. This ensures that you're only buying what you need and that you will use everything you buy rather than waste food.
- Choose conventional when you can. The upcharge on organic goods adds up, so only choose organic for the Dirty Dozen (check the Environmental Working Group's website for the most up-to-date list of the foods that are often contaminated with pesticides and should be purchased organic).

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### Fruits

Unless you want to, there is no need to buy all fruit organic. In general, if you eat the skin, buy organic. To save money, avoid pre-sliced fruits; buy in season when possible; and, purchase frozen if using in dishes like smoothies.

- Apples
- Apricots
- Avocados
- Bananas
- Blackberries
- Blueberries
- Cherries
- Grapefruit
- Grapes
- Green Apples
- Kiwi
- Lemon

- Lime
- Mango
- Melons
- Nectarines
- Oranges
- Papaya
- Peaches
- Pears
- Persimmons
- Pineapples
- Pitted prunes
- Plums
- Pomegranates
- Raspberries
- Strawberries
- Tangerines
- Watermelon

## Vegetables

Follow the same wisdom with vegetables when choosing organic or conventional. For example, leafy greens should be purchased organic, while root veggies like onions are safe to purchase conventional.

Frozen options like frozen broccoli, green beans, and butternut squash are great ways to save money. Canned options like canned pumpkin puree are also a good way to save money. Frozen vegetables are less forgiving in texture than frozen fruit, however, so budget accordingly.

- Artichokes
- Arugula
- Asparagus
- Broccoli
- Brussel sprouts
- Butternut squash
- Cabbage
- Carrots
- Cauliflower
- Cucumbers
- Fennel
- Garlic
- Ginger
- Green beans
- Kale
- Mushrooms
- Okra
- Onions
- Peas
- Peppers
- Pumpkin
- Radishes
- Romaine lettuce

- Spaghetti squash
- Spinach
- Sweet Potatoes
- Tomatoes
- Yams
- Zucchini

## Beans, peas and legumes

Beans, peas, and legumes are often your least expensive grocery items, so stock up for plant-based dinners! Buying in bulk is a great way to save money. Of these items, peanuts and edamame are the only ones that should really be purchased organic. Peanuts, especially, are best purchased in an organic Valencia variety to reduce mold and pesticide exposure. If desired, feel free to purchase the others organic to reduce exposure to pesticides.

Canned, frozen, and dried varieties are perfectly fine for these. For the greatest nutrient density, search for 'sprouted' varieties. These are considered easier on the digestive system and more bioavailable, though they're not necessary.

- Adzuki beans
- Black beans
- Black-eyed peas
- Cannellini beans
- Edamame
- Garbanzo beans
- Great northern beans
- Kidney beans
- Lentils
- Mung beans
- Navy beans
- Peas
- Peanuts
- Pinto beans
- Red beans

## Animal & Plant Proteins

Meat, poultry, and fish will be your most expensive grocery items, so budget accordingly and consider eating sparingly to reduce cost. It's better to have a little well-sourced meat in your diet than a lot of factory farmed meat.

Choose 100% grass-fed, grass-finished red meat. Poultry and eggs are best when pasture-raised. Choose wild game meat over farmed. Fish and shellfish should be purchased wild-caught and sustainably-sourced. Any soy products should be certified organic, as these are heavily genetically modified and sprayed when conventional.

To save money, consider buying in bulk from a local source. Frozen meat and fish is also perfectly acceptable. In addition, canned fish is very affordable and nutrient-dense.

- Beef
- Bison
- Chicken
- Eggs
- Fish and shellfish
- Game meats
- Pork products including bacon
- Unprocessed soy products including tofu, tempeh, and edamame
- Turkey

## Dairy Products & Dairy-Free Milks

Making your own dairy-free milk is a cost-effective alternative to store-bought, but if you need to purchase packaged, go for unsweetened options with as few ingredients as possible. Conventional is safe to purchase for dairy-free milk products, except for oat milk.

If you choose dairy products, opt for 100% grass-fed and grass-finished whole milk to get the most nutrients.

To save money, consider using dairy-free milk as your daily milk rather than dairy milk. It typically has a much longer life in your refrigerator than dairy does. Save dairy for cheese and yogurt, which is more forgiving with food safety.

- Almond milk
- Coconut milk and coconut beverage
- Hemp milk
- Kefir
- Milk
- Rice milk
- Soy milk
- Yogurt

## Gluten-free grains & Pseudograins

You should purchase these staples organic whenever possible, as they tend to have higher pesticide residues. Look for rice grown in California or India, if possible, for lower arsenic levels.

As with legumes, consider purchasing sprouted varieties of these grains for better bioavailability. Alternatively, sprout or soak them yourself before cooking. If you are gluten-free, be sure to purchase options that are certified gluten-free to avoid cross-contamination.

- Amaranth
- Buckwheat
- Corn
- Millet
- Oats
- Quinoa
- Rice
- Sorghum
- Teff

- Wild rice

## Nuts & Seeds

Nuts and seeds are generally safe to purchase conventional, though you may choose to budget for organic to be safer. As with grains and legumes, sprouted is best, but not necessary!

To save money, store your nuts and seeds in glass containers in your refrigerator. They tend to go rancid quickly, so the cold environment can prolong their shelf lives.

- Almonds
- Brazil Nuts
- Cashews
- Chia seeds
- Flax seeds
- Hazelnuts
- Hemp seeds
- Macadamia nuts
- Pecans
- Pistachios
- Pumpkin seeds
- Sunflower seeds
- Walnuts

## Baking Supplies

Unless you are baking daily, there's not much need to buy your baking supplies organic. Consider choosing dark chocolate chips to reduce sugar, raw cacao for more nutrients, and local raw honey for the most health benefits.

Sweeteners:

- Blackstrap Molasses
- Coconut Palm Sugar
- Maple Syrup
- Honey

Flours:

- Almond flour
- Cassava flour
- Coconut flour
- Gluten-free baking flour
- Paleo baking flour mix
- Whole wheat flour and baking mixes (if not on a gluten-free diet)
- Tapioca flour

Other baking basics:

- Baking soda
- Baking powder

- Cocoa powder
- Chocolate chips

## Fat Sources

Healthy fat sources to consider including in your kitchen (avoid vegetable oils):

- Avocado oil
- Coconut oil
- Ghee
- Grass-fed butter
- Lard
- Olive oil
- Sesame oil
- Walnut oil

## Dried herbs & spices

- Basil
- Bay Leaves
- Cayenne Pepper
- Cilantro
- Cinnamon
- Coriander
- Cumin
- Dill
- Garlic Powder
- Mint
- Mustard Seed
- Nutmeg
- Onion Powder
- Oregano
- Paprika
- Parsley
- Pepper
- Rosemary
- Sage
- Sea Salt
- Thyme
- Turmeric

## Other Pantry Staples

- Balsamic vinegar
- Apple cider vinegar
- Coconut aminos
- Soy sauce or tamari (reduced-sodium, if necessary)
- Hot sauce
- Mustard

- Ketchup
- Marinara sauce
- Nut or seed butters
- Dates
- Gluten-free, grain-free, or whole wheat pasta

## Snacks

Packaged snacks will quickly eat up your budget, so use them sparingly. Be sure to read your labels to avoid any sneaky added sugar, undesirable oils, or questionable preservatives.

- Crackers
- Dark chocolate
- Dried fruit
- Dried seaweed
- Gluten-free wraps, breads, or baked goods
- Hummus
- Nut and seed butters
- Popcorn
- Salsa
- Grain-free or gluten-free crackers

**Check out the Clean Eating Kitchen storefront on Amazon for specific brand suggestions (<https://www.amazon.com/shop/cleaneatingcarrie>)!**

## Conclusions

This comprehensive list of clean eating food and pantry staples is designed to help you with your grocery shopping. Always choose unprocessed, whole foods over packaged and highly-processed foods. With this list, you'll be set on stocking your personal clean eating kitchen!

## Legal Stuff

This content was created for informational purposes only. Results may vary and adherence to the suggestions made herein do not guarantee results.

Please note that this information is not medical advice, nor is it intended to replace medical advice. Before beginning any diet program or modifying your diet, you should seek advice from a licensed professional.

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