

# Grocery List

---

***(This grocery list is an example of a healthy, balanced approach when striving for clean eating for the week. Review the list below and decide what works best for you on a weekly basis. If you are planning on making any of the recipes we have provided, be sure to crosscheck the ingredients needed vs. the general list to make sure you have what you need.)***

## Protein

- 1 pound salmon or white fish
- 1 pound grass fed ground beef, turkey, chicken
- Chicken/pork sausage links
- Smoked Salmon
- Pasture raised eggs (\*Vital Farms)
- Cottage Cheese (\*Good Belly)
- Greek Yogurt (\*Green Mountain, Stoneyfield)
- Epic protein bars (\*bison)

## Carbs

- Banza pasta
- organic basmati white rice
- sweet potatoes (we love oriental and hannah)
- Canyon House Gluten Free Bread
- Rudi's Sourdough Bread
- Purely Elizabeth granola and oat meal
- rainbow chard or kale
- fresh arugula or mixed greens
- fresh broccoli
- fresh asparagus
- 1 bag spinach
- fresh blueberries
- frozen organic or wild blueberries
- Frozen cauliflower rice

- bananas
- red or green apples

## Fats

- Avocado oil and/or EVOO
- lactose free sour cream (\*Good Belly)
- avocados
- olives
- Mixed nuts
- Nut Butter (almond, cashew, sunflower)
- 1 stick/jar of Kerry Gold grass fed butter or ghee
- Non dairy milk (Cashew, almond, coconut)

## Dressings/Sauces/Seasoning

- salsa
- Organic pasta sauce (\*Raos or Primal Kitchen)
- Taco seasoning (Seite)
- dried basil
- Himalayan sea salt
- pepper
- Primal Kitchen's Dressing (Ranch, Lemon Turmeric)

## Snacks/Desserts

- Tulsi, ashwagandha tea (\*Organic India)
- Lesser Evil Paleo Puffs
- Epic Bars and Pork Rinds
- Theo dark chocolate
- Three Wishes Cereal
- Catalina Crunch Cereal
- Shelled pistachios

## SUPPLEMENTS (OPTIONAL)

- Ancient Nutrition Vanilla Bone Broth Protein (Vitamin Cottage, Sprouts, Whole Foods, Amazon)
- Tera's Whey (Vitamin Cottage, Sprouts, Whole Foods, Amazon)
- Amazing Grass Green Superfood (Sprouts, Whole Foods, Amazon)
- Vital Protein's Collagen Peptides (Costco, Sprouts, Whole Foods, Vitamin Cottage)
- Ancient Nutrition Collagen Peptides (Sprouts, Whole Foods, Vitamin Cottage, Amazon)