



Clean Eating Grocery List

(Simple, healthy meals – just grab and go!)

Proteins

- Chicken breasts (4-5)
- Lean beef strips (1 lb)
- Salmon fillets (2)
- Shrimp (1 lb, peeled and deveined)
- Protein powder

Veggies

- Bell peppers (4-5)
- Onions (3)
- Broccoli florets (4 cups)
- Fresh spinach (1 bag)
- Garlic cloves
- Fresh herbs (rosemary, thyme)

Fruits

- Bananas (5)
- Lemons (2)

Grains & Pasta

- Whole wheat tortillas
- Whole grain pasta
- Brown rice

Dairy & Eggs

- Greek yogurt
- Shredded cheese (for enchiladas)
- Parmesan cheese (for pasta)
- Eggs

Pantry Staples

- Olive oil
- Low-sodium soy sauce
- Salsa
- Tomato sauce
- Chicken broth
- Whole wheat flour
- Spices (chili powder, cumin, paprika, black pepper, salt)

Healthy Fats

- Avocados
- Nuts (your choice)

Beverages

- Unsweetened almond milk

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