

SHOPPING LIST

Clean Eating Restart Programme



FRUIT

- Lemon
- Kiwi
- Pineapple
- Papaya
- Berries
- Apples
- Pomegranate
- Grapefruit

NON-STARCHY VEGETABLES

- Green leafy (spinach, kale, rocket, watercress, lettuce)
- Brassica (Brussels sprouts, broccoli, cauliflower, radish)
- Asparagus & Artichoke
- Courgette & Aubergine
- Tomatoes, cucumber, celery
- Peppers, onions, mushrooms

STARCHY VEGETABLE

- Pumpkin & Squash
- Carrot
- Beetroot
- Sweet Potatoes
- Celeriac
- Corn
- Peas
- Parsnip

ORGANIC FISH & MEAT

- Wild salmon
- Sardines
- Mackerel
- Trout
- Anchovy
- Chicken
- Grass-fed, pasture-raised meat
- Turkey

NUTS & SEEDS

- Almonds
- Black sesame seeds
- Brazil nuts
- Chia seeds
- Flax seeds
- Macadamia nuts
- Pumpkin seeds
- Walnuts

ADDITIONAL SOURCES OF PROTEIN

- Skyr, Greek yogurt, kefir
- Cottage cheese, ricotta
- Hummus
- Eggs
- Parmesan
- Kidney beans
- Lentils
- Tofu

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FATS & OILS

- Coconut oil
- Ghee
- Butter
- Lard
- Extra virgin olive oil
- Roasted sesame seeds oil
- Flax seeds oil
- Walnut oil

ALTERNATIVES TO SWEETENERS

- Honey
- Stevia
- Coconut sugar
- Maple syrup
- Dates
- Xylitol (extract from birch)
- Maca powder
- Dark chocolate (min. 70%)

GLUTEN-FREE GRAINS

- Oats
- Buckwheat
- Amaranth
- Wild black rice
- Millet
- Quinoa
- Corn

SAUCES & CONDIMENTS

- Balsamic vinegar
- Dijon mustard
- Soy sauce & Tamari sauce
- Apple cider vinegar
- Tahini paste
- Pesto
- Curry paste

HERBS & SPICES

- Cinnamon
- Vanilla
- Turmeric
- Cumin
- Fresh herbs (basil, mint, dill, oregano, bear garlic, chives, rosemary)
- Fresh ginger

CUPBOARD STAPLES

- Coconut milk
- Almond milk
- Coconut flakes
- Peanut butter
- Himalayan salt
- Sea salt
- Bone broth
- Vegetable stock