

CLEAN EATING SHOPPING LIST



THE LEAN BODY PROJECT
IT'S EASY WHEN YOU KNOW HOW



FRUIT

APPLES
AVOCADO
BANANAS
BERRIES
CHERRIES
GRAPES
KIWI
LEMON
MELON
ORANGES
PEACHES
PEARS
TOMATO



VEG

ASPARAGUS
AUBERGINE
BROCCOLI
CARROTS
CELERY
COURGETTE
GREEN BEANS
KALE
LEAFY GREENS
MUSHROOMS
PEPPERS
POTATOS
SPINACH



PROTEIN

BACON
BEEF
CHICKEN
CHORIZO
DUCK
FISH
LAMB
PORK
PRAWNS
SALMON
TURKEY
VENISON



CARBS

BARLEY
BLACK BEANS
BROWN RICE
CHICK PEAS
CHILLI BEANS
COUSCOUS
EDAMAME
EZEKIEL BREAD
KIDNEY BEANS
LEGUMES
LENTILS
OATS
QUINOA



DAIRY/ NUTS

ALMOND MILK
ALMONDS
BRAZIL NUTS
BUTTER
CASHEWS
CHEESE
CHIA SEEDS
COTTAGE CHEESE
FLAX SEEDS
GREEK YOGURT
MACADAMIA NUTS
PROTIEN SHAKE
WALLNUTS



HERBS

BASIL
CAYENNE PEPPER
CHILLIS
CINNAMON
CORIANDER
CUMIN
NUTMEG
OREGANO
PAPRIKA
PARSLEY
ROSEMARY
THYME
TURMERIC



CONDI- MENTS

BALSAMIC VINEGAR
BEEF STOCK
CHICKEN STOCK
COCONUT MILK
FISH STOCK
GARLIC
LIGHT SOY SAUCE
MUSTARD
OLIVE OIL
OYSTER SAUCE
PESTO
TAHINI
TOMATO PASTE



DRINKS

CHAMOMILE TEA
COFFEE
FRUIT TEA
GREEN TEA
HOMEMADE FLAVOURED WATER
HOT WATER & LEMON
LIQUORICE TEA
MACHA TEA
PEPPERMINT TEA
SMOOTHIE
TEA
TOMATO JUICE
WATER