

Clean eating shopping list pdf

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BEGINNER'S GUIDE TO GROCERIES

It's good to have a guide to shopping for healthy groceries if you've never really done it before!

FRUITS/VEGGIES
This should make up most of your list. Aim for at least 7-10 fruits/veggies and reach for leafy greens, too.

PROTEINS
LEAN meats are found in the deli section of your grocery store. But don't forget about the other sources of protein: unsalted nuts, soy milk, almond milk, and beans.

DAIRY
Did you know that low-fat cheese goes good? Or go for milk. If you aren't drinking soy or almond milk, milk is the next best choice. You'll get used to the taste!

GRAINS
Whole wheat and whole grains are recommended. Whole breads/grains are best. Same goes for rice, crackers and any other source of grains.



EXTRAS/SUPPLEMENTS
Don't like fish, but want the benefits of Omega 3? Look for vitamins such as Flaxseed, Fish, or Omega 3 (Cod Liver Oil). Calcium, Vitamin C and Iron are also good ones. But don't buy too many! They are only used as supplements. The best one? Multivitamins.

KEY WORDS: Whole Grain, Organic, Low-Fat, Low-Sodium, Fiber



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