



EAT YOUR WAY

# Healthy

5 DAYS OF CLEAN EATING

SHOPPING LIST





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# SHOPPING LIST

Please note that recipes may call for a clean protein but are not listed in the shopping list. Please refer to the recipes to make your clean protein choices and add it to the list below prior to shopping.

## FRUITS

- 1 cup frozen berries
- 1 cup seedless green grapes
- 3½ avocado
- 2 bananas
- 1 green apple
- 4 lemon
- 3 grapefruit
- 1 mango
- 2 oranges
- 1 ¼ cup raspberries
- 1 young coconut
- 5 limes

## VEGETABLES

- 5 cups root vegetables
- 3 cup spinach
- 1 cup of baby spinach
- ½ inch of sliced ginger root
- 3 medium/large red beets
- 2 bunches kale
- 1 ¼ cup parsley
- 1 red onion
- 2 large carrots
- 3 ½ cucumber
- 2 cups mixed greens



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1 raw beet  
1 medium tomato  
2 bunches of cilantro  
1 cup sprouts  
4 radishes  
6 ounces mixed baby greens  
3 zucchinis  
1-pound jicama  
5 cups arugula  
½ head broccoli  
1 red pepper  
1 cup mixed, tender greens  
1 cup thinly sliced red cabbage

## NUTS & SEEDS

ground flax seed  
ground chia seeds  
raw sunflower seeds  
raw hemp seeds  
raw pumpkin seeds  
raw cashews  
sesame seeds

## CONDIMENTS/MISCELLANEOUS

vanilla extract  
4 tablespoons Wheat Free Tamari  
sunflower seed butter  
raw almond butter  
raw honey or stevia  
raw cacao  
extra-virgin olive oil  
apple cider vinegar  
1 can of artichokes in water  
6 sheets nori  
coconut oil



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tahini dressing

## BEVERAGES

7 ½ cups dairy free milk

## HERBS/SPICES

cinnamon

cayenne pepper

sea salt

pepper

curry

cumin

2 clove garlic



## ROCK YOUR WORLD NATURALLY

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