

CLEAN EATING GROCERY LIST FOR BEGINNERS

When you're just starting out with clean eating, it can be tough to know where to start at the grocery store. You can follow the old mantra, "shop the perimeter", but if you're not used to doing that, it's still a bit overwhelming.

☐ CLEAN EATING SHOPPING LIST FOR BEGINNERS

☐ Breads

☐ Crackers

☐ Tortillas

☐ Dairy & Non-Dairy

☐ Poultry

☐ Beef

☐ Other meats:

☐ Produce

☐ Fruits

☐ Veggies

☐ The Aisles

☐ Condiments, Spices and Natural Sweeteners