



Clean Eating Shopping *Cheat Sheet*

USE THESE HANDY LISTS
TO MAKE SHOPPING CLEAN
A BREEZE



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CLEAN EATING SHOPPING 101

The Basics

Want to eat clean but feel lost with all the endless food options? There's good news: clean eating doesn't have to be complicated. It's all about making smarter choices to fuel your body and help you feel your best.

This guide will show you how to shop clean so you can feel confident about what you put in your cart.

What is Clean Eating?

Clean eating means eating more **whole, real foods that are as close to nature as possible**. Think fruits, vegetables, legumes, nuts, whole grains, etc.

These foods are **rich in vitamins, minerals, and nutrients** that nourish your body and promote long-term health.

Clean eating focuses on **high-quality foods**. That means limiting or avoiding processed foods with artificial ingredients.

While eating clean is simple, there's definitely a learning curve when you're new to this lifestyle.

This guide covers everything you need to make shopping clean your new normal.

Clean Eating Limits/Avoids:

- Artificial ingredients
- Processed foods
- Refined foods
- Added sugars
- Inflammatory oils
- Unhealthy fats



CHOOSING CLEAN PRODUCE

What To Know

When shopping for clean produce, **try to buy organic as much as you can.** Conventional fruits and veggies are sprayed with pesticides. If going organic isn't within your budget, no worries. If it has a thick skin that's not edible (e.g., avocados or bananas), then nonorganic is generally safer. If you eat the skin (like apples, berries, pears, etc.), it's best to buy organic.

You can also use EWG's 'Clean 15' and 'Dirty Dozen' lists as a guide. It ranks which foods have the most and least pesticide residue each year.



Clean 15

Okay to buy conventional:

1. Avocados
2. Sweet corn
3. Pineapple
4. Onions
5. Papaya
6. Sweet peas
7. Asparagus
8. Honeydew melon
9. Kiwi
10. Cabbage
11. Mushrooms
12. Mangoes
13. Sweet potatoes
14. Watermelon
15. Carrots

Dirty Dozen

Best to buy organic:

1. Strawberries
2. Spinach
3. Kale, collard, & mustard greens
4. Grapes
5. Peaches
6. Pears
7. Nectarines
8. Apples
9. Bell and hot peppers
10. Cherries
11. Blueberries
12. Green beans

CHOOSING CLEAN PROTEIN

What To Know

Not all animal protein is created equal. If you eat meat, organic animal protein is the way to go. It's GMO-free, antibiotic-free, and more nutritious than conventional.

The closer the animal is raised in its natural environment, the better its nutrition. For example, grass-fed beef has up to 6 times the omega-3s as grain-fed!



Animal Protein

Avoid

- Conventional meat & poultry (non-organic)
- Grain-fed beef
- Conventional deli meat, bacon, or sausage with nitrates or nitrites

Better

- Organic eggs & poultry
- Grass-fed beef
- Organic nitrate-free bacon
- Organic chicken sausage
- Canned wild caught fish

Best

- Organic pasture raised eggs & poultry
- 100% grass-fed & finished beef
- Wild caught fish
- Organic milk & cheese

Plant Protein

Avoid

- "Mockmeats" like vegan bacon
- Seitan
- Soy protein isolate
- Vegan cheeses that are highly processed

Better

- Roasted nuts and seeds
- Nut and soy milk free of emulsifiers
- Organic tofu
- Organic oats & other whole grains

Best

- Raw nuts and seeds
- Organic beans & legumes
- Edamame
- Organic tempeh
- Organic quinoa

PACKAGED FOODS

What To Watch For

Eating clean means the bulk of your diet consists of real foods like fruits and veggies, but it doesn't mean you have to nix packaged foods altogether.

Just be choosy and **read the labels** carefully. Look for products with minimal ingredients with names you recognize. If it has a long ingredient list that reads like a science textbook, steer clear of it. Here are some ingredients to watch out for:

Ingredients to Avoid

EMULSIFIERS

- Carrageenan
- Maltodextrin
- Polysorbate 80 (PS80)
- Carboxymethylcellulose (CMC)
- Soy lecithin
- Xanthan gum
- Polyglycerols

PRESERVATIVES

- Nitrates
- Nitrites
- BHA (Butylated hydroxyanisole)
- BHT (Butylated hydroxytoluene)
- Potassium bromate
- Propyl paraben

ADDED COLORS

- All added colors should be avoided (especially Red 3, Red 40, Yellow 5, Yellow 6, Blue 1, Blue 2 and Green 3)
- Titanium dioxide (color additive)

ADDED FLAVORS

- Monosodium glutamate (MSG)
- Aspartame
- Sucralose
- Saccharin
- Acesulfame potassium
- Yeast extract
- Natural flavors
- Artificial flavors

SEED OILS

- Sunflower oil
- Cottonseed oil
- Canola oil
- Soybean oil
- Safflower oil
- Corn oil
- Grapeseed oil
- Rice bran oil
- Peanut oil

ADDED SUGARS

- High fructose corn syrup (HFCS)
- Cane sugar
- Evaporated cane juice
- Brown sugar
- Barley malt syrup
- Maltodextrin
- Glucose
- Fructose
- Dextrose
- Corn sweetener

CLEAN PANTRY

What To Know

Keeping healthy pantry staples on hand makes it much easier to throw clean meals together. Here are some items to consider adding to your clean pantry:

OILS/FATS

- Extra virgin olive oil
- Coconut oil
- Avocado oil
- Ghee
- Grass-fed butter

CANNED GOODS

- Organic full-fat coconut milk
- Tomato paste
- Marinara sauce
- Organic canned beans
- Dried beans/lentils
- Canned pumpkin

SNACKS

- Jerky
- Rice cakes
- Gluten free crackers
- Popcorn
- Hummus
- Dark chocolate
- Salsa
- Organic tortilla chips
- Dried seaweed

BAKING

- Gluten free flour mix
- Almond flour
- Coconut flour
- Oat flour
- Tapioca starch or arrowroot starch
- Vanilla extract

SWEETENERS

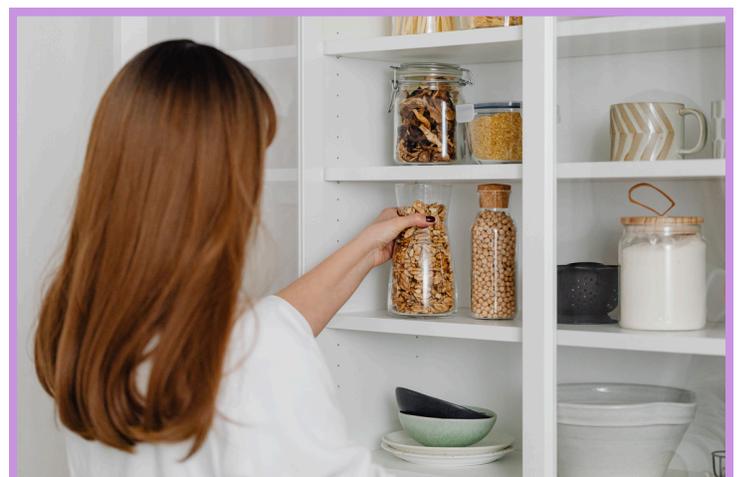
- Coconut sugar
- Monk fruit
- Stevia
- Maple syrup
- Honey
- Dates

CONDIMENTS

- Apple cider vinegar
- Balsamic vinegar
- No sugar-added ketchup
- Dijon mustard
- Nutritional yeast

PANTRY STAPLES

- Chickpea pasta
- Brown rice pasta
- Nut & seed butters
- Organic chicken or veggie broth
- Raw nuts & seeds
- Dried fruit (with no added sugars)



CLEAN EATING SHOPPING LIST

VEGETABLES

- Arugula
- Artichoke
- Asparagus
- Broccoli
- Beetroot
- Bell peppers
- Bok Choy
- Brussels sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery
- Cucumber
- Eggplant
- Garlic
- Green beans
- Kale
- Leeks
- Lettuce
- Mushrooms
- Onion
- Parsnips
- Peas
- Potatoes
- Pumpkin
- Radish
- Squash
- Sweet potato
- Tomatoes
- Turnips
- Zucchini

NUTS/SEEDS

- Almonds
- Brazil nuts
- Cashews
- Chia seeds
- Flaxseed
- Hazelnuts
- Hemp seeds
- Macadamia nuts
- Pecans
- Pine nuts
- Pistachios
- Pumpkin seeds
- Sunflower seeds
- Walnuts

FRUITS

- Apples
- Apricots
- Avocados
- Bananas
- Blackberries
- Blueberries
- Cherries
- Figs
- Grapefruit
- Grapes
- Kiwifruit
- Lemons
- Limes
- Mango
- Melons
- Nectarines
- Oranges
- Papaya
- Pears
- Pineapple
- Plums
- Pomegranate
- Raspberries
- Strawberries

LEGUMES

- Adzuki beans
- Black beans
- Black eyed peas
- Edamame
- Kidney beans
- Lentils
- Mung beans
- Peanuts
- Peas
- Pinto beans

OILS/FATS

- Avocado oil
- Coconut oil
- Ghee
- Olive oil
- Walnut oil
- Nut butter
- Seed butter

MEAT/SEAFOOD

Choose grass fed & organic meat, organic pasture raised eggs, & wild fish

- Chicken
- Beef
- Bison
- Turkey
- Eggs
- Venison
- Salmon (fresh & canned)
- Canned sardines
- Trout
- Tuna (fresh & canned)
- Scallops
- Mussels
- Shrimp

GRAINS

- Amaranth
- Brown rice
- Buckwheat
- Millet
- Oats
- Quinoa
- Wild rice

SPICES/HERBS

- Basil
- Bay leaves
- Chili flakes
- Chili powder
- Cinnamon
- Coriander
- Cumin
- Garlic
- Ginger
- Oregano
- Paprika
- Parsley
- Sea salt
- Thyme
- Turmeric

DAIRY

Choose organic dairy

- Whole milk
- Full fat cottage cheese
- Plain yogurt
- Kefir
- Grass fed butter

SWEETENERS

- Coconut sugar
- Honey
- Maple syrup
- Molasses
- Monk fruit
- Stevia
- Yacon syrup

CONDIMENTS

- Apple cider vinegar
- Balsamic vinegar
- Coconut aminos
- Hot sauce
- Ketchup (sugar-free)
- Miso
- Mustard (dijon/wholegrain)
- Nutritional yeast
- Salsa
- Sauerkraut
- Tamari
- Vanilla extract

BEVERAGES

- Coffee
- Coconut water
- Hemp milk
- Herbal tea
- Kombucha
- Sparkling water
- Unsweetened almond milk
- Unsweetened coconut milk
- Organic grass-fed bone broth