

CLEAN EATING Grocery List

Here is a grocery list of whole foods you can incorporate into your healthy clean eating lifestyle. You are not required to purchase every item on this list, this is simply a guide. Your goal is to purchase whole foods as close as possible to its natural state without chemicals, pesticides, artificial flavors etc.

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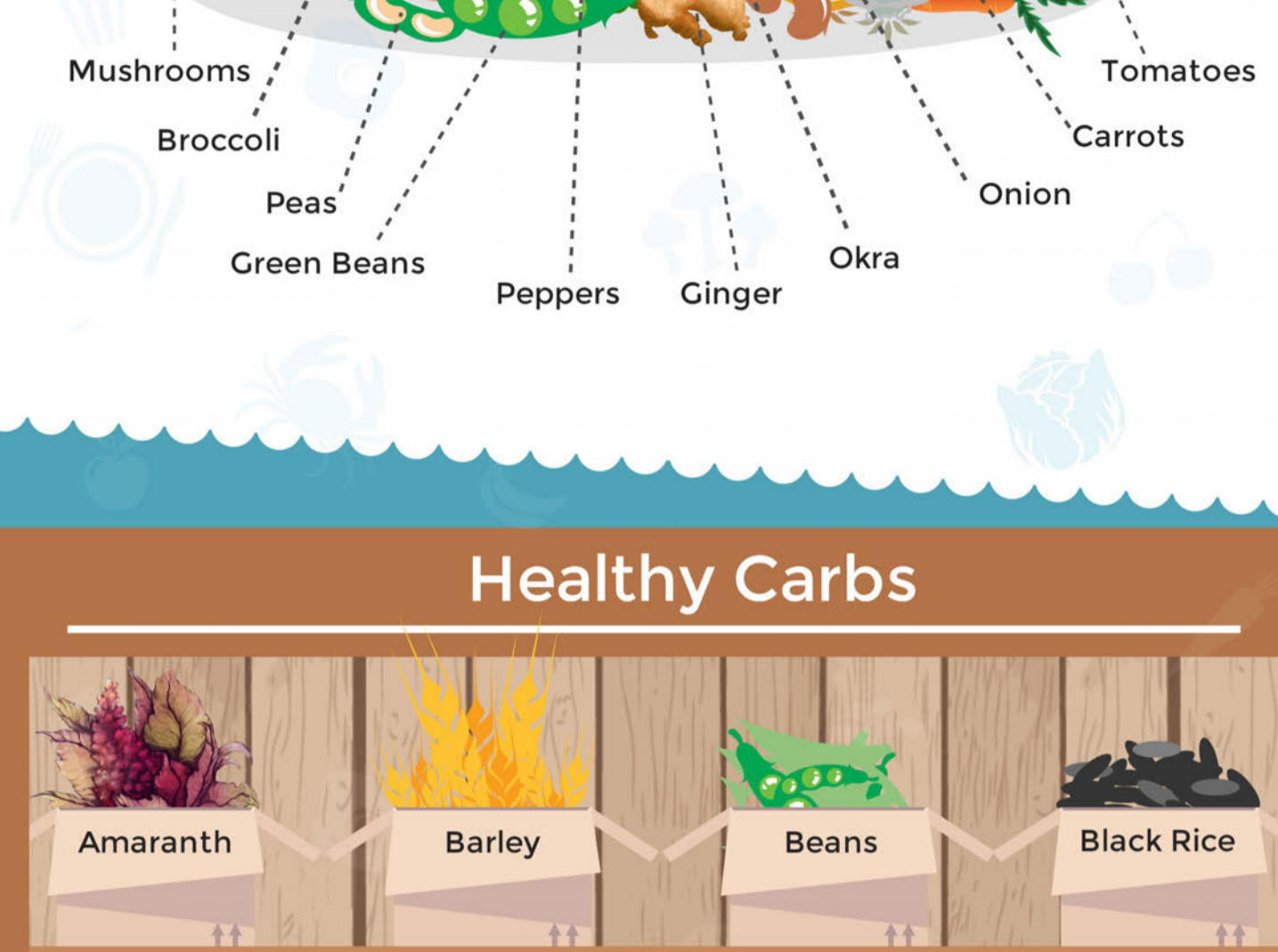
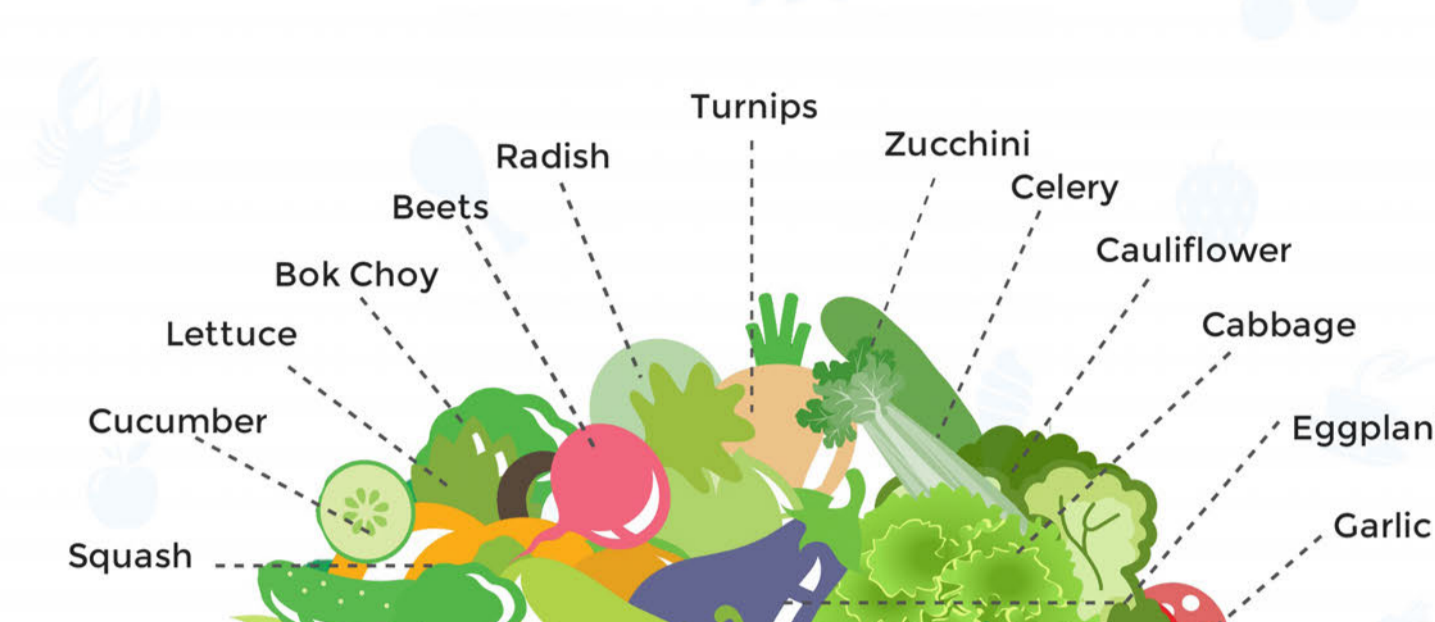
ADVICE

1. Try to steam, bake, grill or eat foods raw.
2. Fill the majority of your plate with fresh vegetables.
3. Avoid processed sugars and refined food.
4. Drink 1/3 your body weight of water every day in ounces (oz).
5. Combine protein with carbs to stay full longer.
6. Do not count calories just watch portion sizes.

Fresh Fruits (nothing canned)



Fresh Vegetables



Healthy Carbs



Healthy Fats (for nuts choose raw and unsalted)



Oils



Seeds (choose raw and unsalted)



Protein



Seasonings



Condiments

Natural Sweeteners

Beverages

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MOTIVATION TO LOSE WEIGHT