

# THINK CLEAN FOOD SHOPPING LIST

A great shopping guide for Think. Clean. Food. Lifestyle:

## Vegetables

- Artichoke
- Asparagus
- Beets
- Broccoli
- Cabbage
- Carrot
- Cauliflower
- Celery
- Collard Greens
- Corn (limit)
- Cucumber
- Eggplant
- Garlic
- Green Beans
- Green Peas
- Kale
- Lettuce
- Mushrooms
- Mustard Greens
- Onions
- Parsnips
- Peas (limit)
- Peppers
- Pumpkin
- Radishes
- Spinach, green
- Sprouts
- Sweet Potatoes
- Tomatoes
- Watercress
- Wheat Grass
- Wild Greens

## Fruits

- Apple
- Apricot
- Avocado
- Banana
- Berries
- Blackberries
- Cantaloupe
- Cherries, sour
- Coconut, fresh
- Grapes
- Grapefruit
- Honeydew Melon
- Lemon (lots of lemon!)
- Lime
- Nectarine
- Orange
- Peach
- Pear
- Pineapple
- Raisins
- Raspberries
- Strawberries
- Tangerine
- Tomato
- Watermelon

## Extras

- Cooking spray
- Caff free/herbal tea
- Pepper
- AC Vinegar
- Sesame or olive oil
- Any spice (sodium free)

## LG Carbohydrates

- Sweet potato
- Red potato
- Brown rice
- Rolled oatmeal
- Black beans
- Quinoa
- Rice cakes (low sod)
- Veggie pasta (gluten free)
- Ezekial bread
- Buckwheat cereal

## Protein

- Albacore tuna
- Salmon
- Tilapia
- Shrimp
- Chicken
- Lean turkey (ground or cutlet)
- Egg whites
- Turkey bacon
- Greek yogurt
- Cottage cheese

## Unsaturated Fats

- Almonds
- Cashews
- Walnuts
- Seeds
- Avocado
- Natural peanut butter
- Almond butter
- Olive oil
- Hummus
- Egg yolk



**Check out these super foods to help restore your body's pH balance:**

- Lemon
- Avocado
- Cruciferous vegetables (broccoli, cauliflower)
- Seaweed
- Pumpkin seeds
- Sea salt
- Soy (think tofu)
- Kale
- Garlic
- Mineral water