



## EAT CLEAN GROCERY LIST

Foods allowed:

*The 'GET' Lean GROCERY List*

Vegetables	Fruit	Grains/Legumes	Fats	Sweeteners
<input type="checkbox"/> Alfalfa Sprouts <input type="checkbox"/> Asparagus <input type="checkbox"/> Beets <input type="checkbox"/> Bell Peppers <input type="checkbox"/> Broccoli <input type="checkbox"/> Brussel Sprouts <input type="checkbox"/> Cabbage <input type="checkbox"/> Carrots <input type="checkbox"/> Cauliflower <input type="checkbox"/> Celery <input type="checkbox"/> Collard Greens <input type="checkbox"/> Corn <input type="checkbox"/> Cucumbers <input type="checkbox"/> Eggplant <input type="checkbox"/> Garlic <input type="checkbox"/> Green Beans <input type="checkbox"/> Kale <input type="checkbox"/> Lettuce Greens <input type="checkbox"/> Mushrooms <input type="checkbox"/> Mustard Greens <input type="checkbox"/> Onions <input type="checkbox"/> Peas <input type="checkbox"/> Spinach <input type="checkbox"/> Squash <input type="checkbox"/> Sweet potatoes <input type="checkbox"/> Tomatoes <input type="checkbox"/> Zucchini	<input type="checkbox"/> Apples <input type="checkbox"/> Apricots, dried <input type="checkbox"/> Bananas <input type="checkbox"/> Blueberries <input type="checkbox"/> Cantaloupe <input type="checkbox"/> Cherries <input type="checkbox"/> Cranberries <input type="checkbox"/> Dates <input type="checkbox"/> Grapefruit <input type="checkbox"/> Grapes <input type="checkbox"/> Honeydew <input type="checkbox"/> Kiwi <input type="checkbox"/> Lemon/Limes <input type="checkbox"/> Mango <input type="checkbox"/> Nectarines <input type="checkbox"/> Oranges <input type="checkbox"/> Papaya <input type="checkbox"/> Peaches <input type="checkbox"/> Pears <input type="checkbox"/> Pineapple <input type="checkbox"/> Plums <input type="checkbox"/> Pomogranates <input type="checkbox"/> Prunes <input type="checkbox"/> Rasins <input type="checkbox"/> Raspberries <input type="checkbox"/> Strawberries	<input type="checkbox"/> Barley <input type="checkbox"/> Brown Rice <input type="checkbox"/> Buckwheat <input type="checkbox"/> Millet <input type="checkbox"/> Steel cut Oats <input type="checkbox"/> Whole grain pasta <input type="checkbox"/> Quinoa <input type="checkbox"/> Rye <input type="checkbox"/> Spelt <input type="checkbox"/> Whole Wheat <input type="checkbox"/> Dried Beans/Peas <input type="checkbox"/> Ezekiel Brand Breads <div>Protein</div> <input type="checkbox"/> Cod <input type="checkbox"/> Halibut <input type="checkbox"/> Salmon <input type="checkbox"/> Sardines <input type="checkbox"/> Tun <input type="checkbox"/> beef, Gras fed <input type="checkbox"/> Chicken/turkey <input type="checkbox"/> Lamb <input type="checkbox"/> Venison <input type="checkbox"/> Bison <input type="checkbox"/> Whey Protein Powder <input type="checkbox"/> Eggs, omega 3 <input type="checkbox"/> Dairy, Skin/Lowfat -Milk, cow/goat -Yogurt, plain/greek -cheese/Cot. cheese	<input type="checkbox"/> Almonds <input type="checkbox"/> Almond butter <input type="checkbox"/> Avocados <input type="checkbox"/> Cashews <input type="checkbox"/> Coconut oil, virgin <input type="checkbox"/> flaxseeds <input type="checkbox"/> Olives <input type="checkbox"/> Peanutt Butter <input type="checkbox"/> Pumpkin seeds <input type="checkbox"/> Sesame Seeds <input type="checkbox"/> Sunflower seeds <input type="checkbox"/> Tahini <input type="checkbox"/> Walnuts <div>Herbs/spices</div> <input type="checkbox"/> Basil <input type="checkbox"/> Cayenne/Chili pepper <input type="checkbox"/> Cilantro/Parsley <input type="checkbox"/> Cinnamon <input type="checkbox"/> Cumin <input type="checkbox"/> Dill <input type="checkbox"/> Ginger <input type="checkbox"/> Mint <input type="checkbox"/> Mustard Seeds <input type="checkbox"/> Oregano <input type="checkbox"/> Rosemary <input type="checkbox"/> Thyme <input type="checkbox"/> Turmeric	<input type="checkbox"/> Agave nectar <input type="checkbox"/> Blackstrap Molasses <input type="checkbox"/> Honey, raw <input type="checkbox"/> Maple Syrup, Pure <input type="checkbox"/> Stevia <div>Liquids</div> <input type="checkbox"/> Tea, Green <input type="checkbox"/> Water <input type="checkbox"/> Almond Milk, <input type="checkbox"/> Un-sweet <input type="checkbox"/> Coconut Milk

CoachMorrison.com

**\*\*If you are trying to *lose weight* and would like a quicker start, replace ALL Grains/Legumes with extra VEGGIES and LIMIT Fats.**

**\*\*If you are trying to *GAIN weight* or *MUSCLE mass*, increase healthy Fats and caloric intake. Keep Grains and Legumes the standard recommended portion size.**

**Use the MyFitnessPal app to calculate CALORIES and journal your food to make sure you stay on track!**

[www.myfitnesspal.com](http://www.myfitnesspal.com)