

October Week 1 Grocery List – Clean Eating

Fruit/Vegetables

Carrots, 2 lbs
Baby Squash, 1 lb
Romaine Lettuce, 3 heads
Spaghetti Squash, 2 sm-med.
Corn, 8 oz
Black Beans, 16 oz
Sweet potato, 2 large
Tomatoes, 3 large cans chopped
Cantaloupe
Diced Chiles, 2 whole or 1 small can
Onion, 1 large
Bell Pepper, 2

Spinach, 3 bunches
Kalamata Olives, 1 cup
Salad Peppers, 1 jar
Baking Potatoes, 5 large
Cucumber, 2
Celery, 1 bunch
Cherry Tomatoes
Chickpeas, 4 cups
Fresh Basil
Pineapple, 1 whole
Lemon, 2
Fresh berries (for yogurt)

Dairy

Butter, 2 sticks
Parmesan cheese, 6 oz
Yogurt, 32oz Whole Milk, plain
Mozzarella Cheese, 8oz
Buttermilk, ¾cup (sub. whole milk + vinegar)

Sour cream, 8oz
Whole Milk, 1 Gallon
Feta cheese, 8oz
Ricotta Cheese, 8oz
Cheddar cheese, 16 oz

Protein

Eggs, 18 ct
Whole chicken
Black beans, 4 cups

Chicken Broth if not making bone broth
Ground beef, 1 lb

Grains/Breads

Lentils
Cornmeal, ¾ c
White wheat flour, ¼ cup

Whole wheat bread
Flatbread/Pita, 8 large
Oatmeal, Old Fashioned
Tortilla Chips

Pantry Staples/Condiments

Caesar Dressing
Balsamic Vinegar
Olive Oil
Dried Oregano, cilantro, thyme
Garlic, 1 clove
Baking soda & powder

(Purchase as needed)
Chili Powder
Pasta Sauce, 1 jar
Honey
Tahini Paste, 1/4 cup
Salt & pepper
Chile powder, cumin, cayenne, cinnamon
