



EBF Clean Eating Essentials

Cooking at home is a great way to eat healthier and it all starts by stocking your fridge and pantry with healthy staples. Here I've compiled a quick guide featuring some of my weekly grocery shopping staples as well as pantry staples I like to keep on hand for recipes!

Fruits & Veggies

Leafy Greens
Broccoli
Cauliflower
Cucumbers
Spinach
Zucchini
Spaghetti Squash
Brussels Sprouts
Asparagus
Avocado
Tomatoes
Mushrooms
Bell Peppers
Carrots
Sweet Potatoes
Squash
Apples
Grapefruit
Raspberries
Blueberries
Strawberries
Pineapple
Banana
Grapes
Medjool Dates

Protein & Dairy

Chicken Breast
Ground Turkey
Eggs (free-range/pasture raised)
Egg Whites
Edamame
Tempeh (Lightlife)
Greek Yogurt (plain)
Canned Tuna (wild caught)
Wild Salmon
Wild White Fish
Wild Shrimp
Protein Powder (low sugar, no artificial sweeteners except stevia or monk fruit)
Cottage Cheese
Goat Cheese
Hard Cheeses
Hummus

Beverages

Sparkling Water (I love La Croix and Spindrift)
True Lemon Citrus Packets
Coffee
Green Tea
Herbal Tea
Unsweetened Almond Milk or Cashew Milk

Pantry Staples

Quinoa
Brown Rice
Black Beans
Chickpeas
White Beans
Lentils
Dried Fruit (Raisins, Cranberries)
Canned Coconut Milk
Canned Pumpkin
Gluten-Free Pasta (I like Banza)
Steel Cut Oats
Old Fashioned Oats
Bread/Wraps (sprouted grain or grain-free)
Nut Butter (Almond, Coconut, Peanut,
Sunflower, etc.)
Grain-free Flours (Almond and Coconut)
Oat Flour
Nuts (Almonds, Walnuts, Cashews, Pistachios
etc.)
Coconut Oil
Avocado Oil
Olive Oil
Apple Cider Vinegar (MY FAV)
Balsamic Vinegar
Enjoy Life Chocolate Chips
Dark Chocolate

Condiments & Spices

Ketchup (no HFCS)*
Dijon Mustard
Avocado Mayo
Relish
Stevia
Raw honey
Pure Maple Syrup
Dried Spices (I love cinnamon, chili powder,
cumin, turmeric, yellow curry, garlic powder,
onion powder, cayenne, basil, parsley,
paprika)
Salt-Free Seasoning Blends
Nutritional Yeast
Sea Salt (Pink Himalayan is great!)
Salsa
Hot Sauce (I like Organicville Sky Valley
Sriracha, Tango Chile Sauce and Cholula
Low Sodium Tamari or Soy Sauce
Salad Dressing: Tessemaes, Hilary's, Annie's