

CLEAN EATING GROCERY LIST GLUTEN FREE

CLEAN PROTEIN

- Free Range Chicken Breast
- [Eggland's Best Cage Free Brown Eggs](#)
- [Eggland's Best Hard-Cooked & Peeled Eggs \(Organic Option\)](#)
- Wild Caught Salmon and Cod
- Bone Broth or Organic Chicken Stock (with collagen)
- Cultured Tempeh (vegan)

CLEAN DAIRY & PROBIOTIC FOODS

- Kombucha
- Yogurt (Kefir) or Coconut Yogurt
- Sauerkraut
- Kimchi
- Organic Cultured Tempeh
- Miso paste
- Kefir water or [Kvass](#)

VEGETABLES AND FRUIT

*Try to buy organic to avoid pesticides

- Carrots
- Zucchini or Squash
- Celery and Cucumber
- Lemon/Lime
- Onions
- Garlic
- Leeks
- Herbs (cilantro, parsley, rosemary)
- Cruciferous Vegetables such as Broccoli (slaw) and Cauliflower

- Leafy Greens (i.e. Spinach, etc)
- Tomatoes
- Peppers
- Sweet potatoes
- Peppers (Jalapeno and Bell Peppers)
- Berries
- Mango and Pineapple
- Cherries
- Fresh Ginger Root
- Kiwi

NUTS/SEEDS

- Chia seeds
- Brazil Nuts
- Flaxseed

PANTRY STAPLES

- Non Dairy Milk
- Coconut Oil/Olive Oil
- Turmeric, Cinnamon, and other Spices
- Sea Salt/Pepper
- Raw Honey or Maple Syrup
- Coconut Sugar
- Almond Flour/Coconut Flour
- Cocoa Powder (unsweetened)
- Organic Coffee
- Paleo Tortillas or Sprouted Grain (gluten free) Tortillas
- Quinoa

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