

Fat-Loss Grocery List

Clean Eating Edition

This grocery list focuses on whole, unprocessed foods that support fat loss while providing essential nutrients. Items marked with a ★ are especially budget-friendly choices.

Proteins

- | | | |
|---|--|---|
| <input type="checkbox"/> Chicken Breast ★ | <input type="checkbox"/> Ground Turkey ★ | <input type="checkbox"/> Eggs ★ |
| <input type="checkbox"/> Tuna (canned) ★ | <input type="checkbox"/> Salmon | <input type="checkbox"/> Greek Yogurt ★ |
| <input type="checkbox"/> Cottage Cheese | <input type="checkbox"/> Tofu ★ | <input type="checkbox"/> Tempeh |

Complex Carbohydrates

- | | | |
|---|--|--|
| <input type="checkbox"/> Oats ★ | <input type="checkbox"/> Brown Rice ★ | <input type="checkbox"/> Quinoa |
| <input type="checkbox"/> Sweet Potatoes ★ | <input type="checkbox"/> Beans (any) ★ | <input type="checkbox"/> Lentils ★ |
| <input type="checkbox"/> Chickpeas ★ | <input type="checkbox"/> Whole Grain Bread | <input type="checkbox"/> Ezekiel Bread |

Vegetables

- | | | |
|--|---------------------------------------|--------------------------------------|
| <input type="checkbox"/> Spinach ★ | <input type="checkbox"/> Kale ★ | <input type="checkbox"/> Broccoli ★ |
| <input type="checkbox"/> Cauliflower ★ | <input type="checkbox"/> Bell Peppers | <input type="checkbox"/> Cucumbers ★ |
| <input type="checkbox"/> Carrots ★ | <input type="checkbox"/> Zucchini ★ | <input type="checkbox"/> Tomatoes |
| <input type="checkbox"/> Mushrooms | <input type="checkbox"/> Onions ★ | <input type="checkbox"/> Garlic ★ |

Fruits

☐ Berries (any)

☐ Apples ★

☐ Oranges ★

☐ Bananas ★

☐ Grapefruit

☐ Lemons/Limes ★

Healthy Fats

☐ Avocados

☐ Olive Oil ★

☐ Coconut Oil

☐ Nuts (any)

☐ Seeds (any)

☐ Nut Butters

Seasonings & Condiments

☐ Herbs & Spices ★

☐ Apple Cider Vinegar

☐ Balsamic Vinegar

☐ Dijon Mustard

☐ Hot Sauce ★

☐ Salsa ★

Drinks

☐ Water ★

☐ Green Tea ★

☐ Black Coffee ★

☐ Unsweetened Almond
Milk

Budget-Friendly Tips

- Buy frozen fruits and vegetables when fresh is expensive
- Purchase proteins in bulk and freeze portions
- Look for sales and seasonal produce
- Use dried beans instead of canned (more economical)
- Plan meals around weekly specials
- Shop at farmers' markets near closing time for deals

- Consider store brands for basics like oats and rice

Meal Planning Notes

Write your meal ideas and notes here...