## **Fat-Loss Grocery List**

## **Clean Eating Edition**

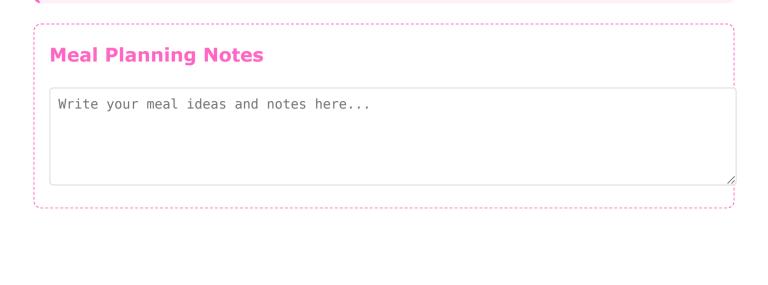
This grocery list focuses on whole, unprocessed foods that support fat loss while providing essential nutrients. Items marked with a  $\star$  are especially budget-friendly choices.

Proteins			
☐ Chicken Breast ★ ☐ Tuna (canned) ★	☐ Ground Turkey ★ ☐ Salmon	☐ Eggs ★ ☐ Greek Yogurt ★	
Cottage Cheese	☐ Tofu ★	Tempeh	
Complex Carbohydrates			
☐ Oats ★	☐ Brown Rice ★	Quinoa	
Sweet Potatoes ★	Beans (any) ★	☐ Lentils ★	
☐ Chickpeas ★	Whole Grain Bread	Ezekiel Bread	
Vegetables			
☐ Spinach ★	☐ Kale ★	☐ Broccoli ★	
☐ Cauliflower ★	Bell Peppers	☐ Cucumbers ★	
☐ Carrots ★	Zucchini ★	Tomatoes	
Mushrooms	☐ Onions ★	☐ Garlic ★	

Fruits		
<ul><li>□ Berries (any)</li><li>□ Bananas ★</li></ul>	☐ Apples ★☐ Grapefruit	<ul><li>□ Oranges ★</li><li>□ Lemons/Limes ★</li></ul>
Healthy Fats		
Avocados	☐ Olive Oil ★	Coconut Oil
Nuts (any)	Seeds (any)	Nut Butters
Seasonings & Condir  ☐ Herbs & Spices ★  ☐ Dijon Mustard	ments  ☐ Apple Cider Vinegar ☐ Hot Sauce ★	☐ Balsamic Vinegar☐ Salsa ★
Drinks		
<ul><li>Water ★</li><li>Unsweetened Almond Milk</li></ul>	☐ Green Tea ★	☐ Black Coffee ★
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## **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