

# Eat Clean Live Lean

## Grocery List



BRAD  
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◆ BRAD GOUTHRO ◆

with Danielle Prestejohn

# Live Lean Eat Clean

## CookBook

## Grocery List

### Vegetables

- Arugula
- Artichoke Hearts
- Asparagus
- Bell Peppers
- Bibb Lettuce
- Broccoli
- Bok Choy
- Brussels sprouts
- Butternut Squash
- Cabbage
- Carrots
- Cauliflower
- Celery
- Chard
- Cubanelle Peppers
- Cucumber
- Eggplant
- Endives
- Fennel
- Frisee
- Green Onion
- Kabocha Squash
- Kale
- Leeks
- Mushrooms (Portobello, Shiitake)
- Onions (Red & Yellow)
- Radishes
- Romaine
- Rutabagas
- Sauerkraut
- Shallot
- Snap Peas (optional)
- Spaghetti Squash
- Spinach
- Summer Squash
- Tomatoes (Fresh, Canned, Paste)
- Turnip
- Zucchini
- Hot Peppers (Jalepeno & Chilies)

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#### Protein

- Bison
- Chicken
- Chicken Sausage
- Cod
- Crab Meat
- Eggs
- Extra Lean Ground Beef
- Ground Lamb
- Ground Pork
- Ground Turkey
- Haddock
- Halibut
- Lamb
- Mahi Mahi
- Mussels
- Pork
- Salmon (Wild, Fresh, Canned, Smoked)
- Scallops
- Shrimp
- Steak
- Tilapia
- Tuna (Fresh & Canned)
- Whey Protein Powder

#### Healthy Fats

- Almonds
- Almond Butter
- Almond Flour
- Avocados
- Butter (Grass Fed)
- Cashews
- Chia Seeds
- Coconut Butter
- Coconut Flour
- Coconut Oil
- Coconut (shredded/unsweetened)
- Fish Oil
- Ground Flaxseed
- Hazelnuts
- Hazelnut Oil
- Hemp seeds
- Macadamias
- Olives
- Olive Oil
- Pecans
- Pine Nuts
- Pistachios
- Pumpkin seeds
- Sesame Oil
- Sesame Seeds
- Tahini
- Walnuts
- Walnut Oil

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*This is how you make your meals exciting!*

#### Spices

- Allspice
- Basil
- Bay Leaves
- Black Pepper
- Cardamom
- Cayenne Pepper
- Chili Powder
- Chives
- Cilantro
- Cinnamon
- Pure Cocoa Powder
- Curry Powder
- Cloves
- Cumin
- Dill
- Garlic
- Ginger
- Horseradish
- Mint
- Nutmeg
- Onion Powder
- Oregano
- Paprika
- Parsley
- Red Pepper Flakes
- Rosemary
- Saffron
- Sage
- Sea Salt
- Stevia
- Tarragon
- Thyme
- Turmeric

#### Condiments & Seasonings

- Apricot Preserves
- Apple Cider Vinegar
- Balsamic Vinegar
- Beef Broth
- Chicken Broth
- Fish Sauce
- Hot Sauce
- Mustard
- Pumpkin )Canned)
- Red Wine Vinegar
- Rice Wine Vinegar
- Salsa
- Sherry Vinegar
- Tamari
- Vanilla Extract (Pure)
- White Wine Vinegar
- Honey
- Maple Syrup
- Coconut sugar
- Blackstrap molasses
- Coconut Aminos (soy sauce replacement)
- Coconut Milk (canned)
- Bragg's amino acids

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#### Carbs/Fruits

- Apples
- Bananas
- Blackberries
- Blueberries
- Cranberries (Diced)
- Cranberries (Dried Unsweetened)
- Dates
- Grapefruit
- Jicama
- Lemon
- Lime
- Mango
- Orange
- Peaches
- Pear
- Pineapple
- Raisins
- Raspberries
- Strawberries
- Sweet Potatoes

#### Drinks

- Unsweetened Almond Milk
- Coconut Milk
- Coffee (and Espresso)
- Coconut Water
- Tea
- Kombucha
- Unsweetened Seltzer Waters (no artificial sweeteners)
- Water