



CLEAN EATING SUPERMARKET SHOPPING LIST

Healthy eating starts with stocking your kitchen and pantry with the right foods. Today I'm sharing my CLEAN EATING Grocery List with 90 of the foods that I buy; foods that will put you on the path toward a healthier, happier, more balanced and confident self.

The foods below are primarily unprocessed WHOLE FOODS, or minimally processed, and often used in my recipes.

Note: I took into consideration foods available in the US that I personally always buy, of which most are also available in Nicaragua. However, you can skip whatever items are not available to you. If you're in Nicaragua, feel free to ask me where to get any of these foods and I can help guide you!

SHOPPING LIST

(PRODUCE) FRUITS

- Tropical in season fruit, such as Papaya, Mango, Guava,
- Pitaya, Coconut and Pineapple (when in season)*
- Apples
- Pears
- Berries (fresh and frozen but preferably organic)
including blueberries, strawberries, blackberries,
raspberries and cherries
- Lemon/lime, and other citrus fruits including Oranges,
- Grapefruit, Tangerines and Nectarines
- Melon, including Watermelon
- Bananas
- Kiwi
- Plums
- Dates, Figs and Prunes

(PRODUCE) VEGGIES

- Avocado
- Tomatoes
- Squash: zucchini, yellow summer squash, acorn squash,
- butternut squash – whatever is in season
- Cucumber
- Green Beans
- Green Leafy Vegetables, including: lettuce (all varieties),
spinach, kale, arugula, collard greens, swiss chard, bok
choy, mustard greens (at least 2 of these should
ALWAYS be in your fridge!)
- Carrots
- Sweet Potatoes and Yams
- Celery
- Cabbage (green and red/purple) and sauerkraut
- Beets
- Asparagus
- Corn (if non-gmo)
- Bell Peppers
- Eggplant
- Broccoli
- Cauliflower
- Mushrooms
- Brussels Sprouts
- Garlic
- Onions, including green onions, red onions, leeks, shallots
- Any other fresh local/seasonal vegetable *
(like Chayote in Nicaragua, or Okra in the US summer)

SHOPPING LIST

ANIMAL PROTEIN & DAIRY

- Eggs, preferably labeled organic, cage-free and pasture-raised
- Chicken, preferably hormone-free, antibiotic-free and pasture-raised
- Turkey: oven roasted turkey breast or ground turkey meat
- Fish and Seafood (preferably wild caught) and either local or from cold waters
- Pork: only high-quality lean pork cuts from butcher, avoid processed pork
- Lean cuts of grass-fed beef, lamb, venison and/or bison, including lean ground beef/lamb/bison
- Coconut Yogurt (non-dairy) and/or plain Greek Yogurt (I suggest 2% and preferably organic)*
- Sheep or Goats milk cheese (in moderation, preferably organic), such as Feta, Ricotta, Pecorino Romano, Goat cheese, and Cottage cheese (avoid fat free, low-fat is ok)*

*for dairy milk, yogurt and cheese, 0% fat means its very processed, so avoid the non-fat versions

DRIED GOODS

- Beans: kidney beans, pinto beans, adzuki beans, black beans, mung beans, white beans and soy beans
- Other legumes: lentils, peas, split-peas, chickpeas and black-eyed peas
- Tofu and Tempeh (if you can find organic/non-GMO) *admittedly, difficult to find in Nicaragua
- Quinoa (and other gluten-free grains/ "grain-like seeds" including Teff, Amaranth, Millet, Buckwheat/Kasha)
- Rice: brown rice, black rice, wild rice, basmati rice and jasmine rice
- Oats: preferably organic steel-cut oats, otherwise organic rolled oats, always UNFLAVORED
- Whole grains (that contain gluten, optional): Farro, Barley, Whole-wheat Couscous, Bulgur
- Bread: look for fewest ingredients possible and opt for whole grain preferably sprouted grain like Ezekiel
- Tortillas, made from non-gmo corn, or sprouted wheat
- Flours (should buy/use sparingly) such as Coconut flour, Buckwheat flour, Chickpea flour, Almond flour and Whole Wheat flour
- Seeds, including: Chia seeds, Flax seeds, Hemp seeds, Sunflower seeds, Pumpkin seeds, Sesame seeds
- Walnuts, Almonds, Cashews, Brazil nuts, Macadamia, Pecans, Pine nuts, Hazelnuts
- Nut butters: Tahini (sesame seed butter), almond butter, cashew butter, sunflower seed butter
- Raw powdered cacao, cacao nibs and organic dark chocolate (70-90% dark)

SHOPPING LIST

ALTERNATIVE MILKS, CONDIMENTS, OILS, CANNED GOODS

- Coconut Milk (look for organic in bpa-free can with minimal preservatives; Thai Kitchen is a good brand)
- Almond milk (look for carrageenan-free and unsweetened)
- Organic tomato sauce, tomato paste, crushed tomatoes and sun-dried tomatoes
- Extra virgin olive oil
- Coconut oil
- Ghee or Clarified Butter (preferably grass-fed/organic),
- Other healthy oils/fats including: Avocado oil, Sesame oil and Walnut oil
- Apple cider vinegar (a must!)
- Other vinegars: Balsamic vinegar, rice vinegar, umeboshi plum vinegar
- Whole-grain mustard, preferably organic
- Coconut Aminos (soy sauce alternative) and/or Liquid Aminos and/or Tamari (gluten-free soy sauce).
- Hot sauce/Tabasco and Sriracha (look out for ingredients, choose those with minimal ingredients and minimal or no preservatives)
- Raw Honey (choose organic if possible)
- Pure Maple Syrup (choose organic if possible); can also get Raw organic Agave
- Coconut Palm Sugar (choose organic if possible) or Coconut Nectar
- Stevia extract (pure, organic, no fillers)
- Vanilla extract (pure, organic, no fillers)
- Teas and coffee: including green tea, chai tea, rooibos tea, ginger tea, mint tea, chamomile tea, and other delicious blends, Teeccino (chicory root coffee alternative), organic coffee
- Powdered superfood greens and high-quality vegan protein powders – for green smoothies

SHOPPING LIST

HERBES & SPICES

- Basil
- Rosemary
- Parsley
- Cilantro
- Oregano
- Dill
- Sage
- Sprouts and “Micro-greens”
- Ginger and Turmeric root (fresh)
- Dried spices, including: Turmeric, Fennel seed, Cumin, Coriander, Curry, Garam Masala, Mustard seed, Cinnamon, Nutmeg, Pumpkin Pie Spice, Herbes de Provence, etc.
- Pink Himalayan salt, Celtic salt, and other sea salts
- Pepper: Black pepper, White pepper, Cayenne Pepper and crushed red pepper flakes

FOODS TO AVOID

- Corn oil, Soybean oil, and all mixed vegetable oils and margarine (including “I can’t believe its not butter”!)
- Crisco, Pam
- White sugar
- Anything with high fructose corn syrup
- Artificial sweeteners including Splenda (and anything with artificial sweeteners)
- Most packaged chips and cookies (avoid anything with a long list of ingredients, especially with any colors, ingredients that you’re unsure what they are, artificial or even “natural” flavors if not listed, and watch out for grams of sugar and sodium)
- Fruit Juices that include added sugar and other artificial ingredients
- Soda/Soft Drinks (Coke, Pepsi, Mountain Dew, Dr. Pepper, Sprite, 7 Up, Diet soda, root beer, etc.)
- Energy Drinks
- Fruits & Vegetables in preserved states (example: fruit in sugary syrup)
- Pre-Made Canned Products such as Soups or Pasta
- Boxed/Bagged Convenience Meals



@balancewithmariana



I'm Mariana Stabile, Holistic Health Coach and founder of **Balance with Mariana** and **Balance Studio**. I am a huge foodie, with a passion for food, exercise and helping others. I help people lose weight, overcome food cravings, improve their digestion, and achieve overall happier, more balanced lives.

My dream is to contribute to a world where people have more knowledge about the food they are eating, about what is good for their bodies, and where people are able to develop a better relationship with food. I believe everyone should love themselves and their bodies, without having to stress about dieting!

My approach to wellness is focused on eating more whole foods, in particular more vegetables, less processed junk, and incorporating small lifestyle changes to improve balance and overall well-being. What I DON'T do is count calories. I believe in cooking at home as much as possible, and understanding what you're putting into your body. It's not about depriving yourself, it's about listening to your body and having some discipline. I personally eat a lot, and enjoy every bite of it! I also work out a lot, but only do things that I love, and I balance it out with hard work, getting lots of sleep, frequent fun social outings, and some quality time for myself every day.

It's about finding a healthy **BALANCE** that makes you happy.