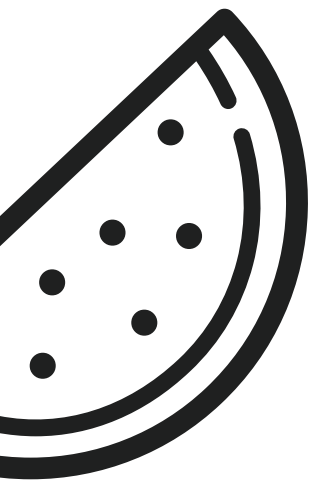


# Clean Eating Shopping List Pantry Staples for Beginners



1) HONEY (RAW HONEY IS BEST, BUT ANY HONEY WILL WORK)

2) PURE MAPLE SYRUP

3) WHITE WHOLE WHEAT FLOUR

4) ALMOND FLOUR OR ALMOND MEAL (PERFECT FOR  
BREADING FOODS OR BAKING)

5) GRAINS LIKE BROWN RICE AND QUINOA

6) CHICKEN BROTH

7) ALMOND MILK AND/OR COCONUT MILK (BUY NON PERISHABLE BOXED MILK)

8) CANS OF COCONUT MILK (FOR SOUPS AND SMOOTHIES)

9) CANS OF TUNA

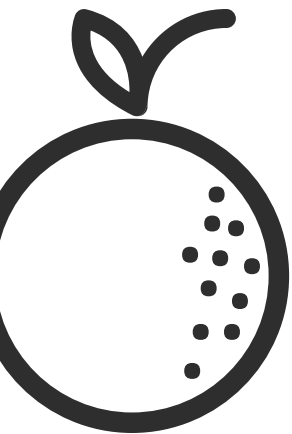
10) OLIVE OIL AND/OR COCONUT OIL

11) BAKING POWDER (ALUMINUM FREE)

12) BAKING SODA

13) PURE COCOA POWDER (NO SUGAR ADDED BECAUSE YOU  
CAN USE HONEY OR MAPLE SYRUP

14) HEALTHY SNACKS LIKE STRING CHEESE, HEALTHY CRACKERS OR CHIPS (  
THESE WILL KEEP YOU ON TRACK WHEN YOU HAVE A CRAVING!)



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