

**RARE**  
**RARE**  
ORGANICS

CLEAN

GROCERY

LIST

Over the past few decades our food has become bleached, refined, chemically preserved, artificially colored, highly sugared, highly salted, genetically modified and mostly exposed to hundreds of manufactured chemicals. When our food is like this our cells start acting less intelligently. Why let such foods mess up your pantry, your body and mind?

**In order for food to give us the highest benefits and energy, it has to be of highest quality, meaning the way nature designed it in the first place. Fresh, locally grown, seasonal, organic, whole foods (unprocessed), such high quality ingredients will support your body do the most incredible things your body is designed to do.**

Here's a list for you that can guide you on your next grocery shopping which includes simple suggestions for transitioning to a clean food choices. However, all whole foods are considered clean foods, so feel free to get creative and try new foods! Depending on your location, some foods may not be seasonally available. Consider this a general guide, but remember to explore the local produce options available in your neighborhood.

WHEN SHOPPING ALWAYS CHOOSE:  
• ORGANIC • WHOLE • NON-GMO

## / GRAINS

- Basmati rice(white)
- Quinoa
- Amaranth
- Barley
- Millet
- Buckwheat
- Oats

## / FLOURS

- Whole spelt
- Oats
- Chickpeas
- Buckwheat
- Quinoa

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WHEN SHOPPING ALWAYS CHOOSE:  
• ORGANIC • WHOLE • NON-GMO

## / FATS-OILS

- Coconut oil
- Organic cultured Ghee
- Butter (grass-fed)
- Extra virgin olive oil
- Extra virgin coconut oil
- Sesame oil

## / LEGUMES & LENTILS

- Adzuki beans
- Black beans
- Butter beans
- Red lentils
- Yellow split lentils
- Green lentils
- Chickpeas

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## WHEN SHOPPING ALWAYS CHOOSE: • ORGANIC • WHOLE • NON-GMO

### / VEGETABLES

All vegetables,  
such as:

- Broccoli
- Carrots
- Cauliflower
- Kale
- Spinach
- Sweet potatoes
- Swiss chard
- Zucchini
- Peas
- Green beans

### / FRUITS

All sweet and juicy fruits;  
dried fruits, such as:

- Apples
- Bananas
- Berries
- Grapefruit
- Oranges
- Pears
- Kiwi
- Mango

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## WHEN SHOPPING ALWAYS CHOOSE: • ORGANIC • WHOLE • NON-GMO

### / SEEDS & NUTS

All seeds and nuts,  
such as:

- Pumpkin seeds
- Sunflower seeds
- Cashew
- Brazil nuts
- Walnuts
- Almonds
- Chia seeds
- Hemp seeds

### / SPICES

Almost all spices,  
such as:

- Turmeric powder
- Cinnamon sticks
- Cumin
- Ginger powder
- Coriander
- Fennel seeds
- Cardamom pods
- Saffron
- Fenugreek
- Black pepper

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WHEN SHOPPING ALWAYS CHOOSE:  
• ORGANIC • WHOLE • NON-GMO

## / SWEETENERS

- Raw honey
- Maple syrup
- Raw cane sugar
- Coconut sugar
- Date sugar

## / CONDIMENTS-HERBS

- Himalayan salt
- Basil
- Thyme
- Rosemary
- Bay leaf

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WHEN SHOPPING ALWAYS CHOOSE:  
• ORGANIC • WHOLE • NON-GMO

## / DAIRY

- Fresh cheese
- Milk
- Yogurt

## / ANIMAL PROTEIN

- Wild fish
- Grass fed beef
- Organic chicken

### MAKE SURE

When you want to buy milk  
make sure you get:

- Organic
- Non-homogenized
- Full fat

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## MONDAY

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## TUESDAY

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## WEDNESDAY

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## THURSDAY

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## FRIDAY

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## SATURDAY

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