

# Clean Eating BBQ Shopping Lists

Planning a BBQ while sticking to a clean eating lifestyle can be both delicious and satisfying. Here's a comprehensive shopping list to help you organize a health-conscious BBQ that everyone will enjoy. Remember, clean eating emphasizes whole, minimally processed foods.

## Protein Options

### 1. Lean Meats:

- Chicken breast
- Turkey breast
- Lean beef (like sirloin or flank steak)
- Pork tenderloin

### 2. Fish and Seafood:

- Salmon
- Shrimp
- Scallops

### 3. Plant-Based Proteins:

- Tofu
- Tempeh
- Portobello mushrooms

## Vegetables

- Bell peppers (red, yellow, green)
- Zucchini
- Eggplant
- Cherry tomatoes
- Red onions
- Asparagus
- Corn on the cob (in moderation)
- Sweet potatoes

## Fruits

- Pineapple (great for grilling)
- Watermelon
- Avocados
- Lemons and limes (for seasoning and zest)

## Whole Grains

- Quinoa

- Brown rice
- Whole grain buns or wraps (if making burgers or wraps)

## **Dairy and Alternatives**

- Greek yogurt (for dips and marinades)
- Feta or goat cheese (for salads)

## **Condiments and Spices**

- Olive oil or avocado oil
- Balsamic vinegar
- Sea salt
- Black pepper
- Garlic powder
- Paprika
- Fresh herbs (such as basil, cilantro, parsley, or rosemary)

## **Snacks and Sides**

- Nuts (almonds, walnuts, or pistachios)
- Homemade hummus
- Whole-grain crackers
- Mixed greens for salads
- Salsa (preferably homemade)

## **Beverages**

- Infused water (with cucumber, mint, or citrus)
- Herbal iced tea
- Freshly squeezed lemonade