

THE EAT-CLEAN DIET

GROCERY LIST

“Let these pages serve as your guide to rethink the simplest of all human needs, to eat and to eat well.”

Tosca Reno

From *The Eat-Clean Diet*

for Family & Kids

Robert Kennedy

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VISIT US AT
www.eatcleandiet.com
www.toscarenocom

PRODUCE

(choose in-season options)



Vegetables:

- Cucumber
- Romaine lettuce
- Mushrooms
- Green beans
- Asparagus
- Broccoli
- Squash
- Turnip
- Spinach
- Onions
- Garlic
- Celery
- Sweet Potatoes
- Potatoes
- Zucchini (*baby squash*)
- Tomato

Fruit

- Fresh berries (*blueberries, blackberries, raspberries, strawberries*)
- Apples
- Bananas
- Pears
- Avocado
- Un-sweetened dried fruit (*apricots, cranberries, raisins, apples, prunes, figs, dates*)

BAKERY



- Whole-grain breads
- Brown rice wraps
- Whole-grain wraps (*Ezekiel wraps*)

MEAT, POULTRY, SEAFOOD, & MEAT ALTERNATIVES



- Chicken breast
- Pork tenderloin
- Salmon
- Tilapia, cod, or other white fish
- Firm and silken tofu
- Textured vegetable protein
- Beef tenderloin
- Bison
- Lean ground turkey
- Lean ground chicken

DAIRY



- Eggs (*omega-3 variety*)
- Skim milk
- Fat-free soymilk, rice milk or almond milk
- Fat-free, sugar-free plain yogurt
- Olive oil-based margarine
- Kefir

NUTS, SEEDS, OILS, AND SNACKS



- Unsalted almonds, cashews, walnuts
- Unsalted sunflower seeds
- All-natural nut & seed butters (*almond, cashew, peanut, tahini*)
- Flaxseed
- Extra-virgin olive oil
- Safflower oil
- Pumpkin oil
- Pam (*or non-stick spray*)
- Other exotic oils

CEREALS



- Muesli
- Weetabix
- Kashi Go Lean
- Shredded Wheat
- All-Bran
- Steel-cut oats
- Cream of Wheat

DRY GOODS



- Brown rice
- Wheat germ
- Oats
- Oat bran
- Quinoa
- Bulgur
- Millet
- Baking soda
- Whole-wheat flour
- Baking powder
- Vanilla, best quality
- Sea salt
- Sugar substitute (*Agave nectar, Sucanat, Rapadura, stevia*)
- Other whole-grain flours (*quinoa, amaranth, spelt*)
- Spices (*cumin, nutmeg, cinnamon*)

CANNED GOODS



- Chickpeas
- Beans (*navy, white, kidney, etc.*)
- Lentils
- Tomatoes (*crushed or whole*)
- Water-packed tuna
- Water-packed salmon
- Low-fat, sugar-free, low-sodium soups
- Low-sodium corn and peas
- Tomato paste
- Low-sodium chicken or vegetable stock

CONDIMENT



- Mustard
- Salsa
- All-natural, sugar-free tomato sauce
- Unsweetened, organic applesauce
- Honey

BEVERAGES



- Green tea
- Maca tea
- Tulsi tea
- Coffee
- Bottled water

SUPPLEMENTS



- Bee pollen
- Protein powder (*hemp, whey, rice*)
- Omega-3 fatty acids
- Creatine (*optional*)
- MSM
- Magnesium
- Calcium
- Vitamins B, C, E
- Spirulina

MISCELLANEOUS



- Balsamic vinegar
- Rice vinegar
- Lemon juice
- Lime juice
- Apple cider vinegar
- _____
- _____
- _____
- _____
- _____
- _____

