

# 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

Publishing, 2008



### 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

### CONDIMENTS

- ☐ 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
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
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