

Clean Eating Shopping Guide

MEAT

Grass-fed Beef (eat 1x time a week)

Chuck pot roast, sirloin steak, flank steak, T-bone, 90% lean ground beef, and wild game

Pastured Pork

Tenderloin, pork shoulder, sausage & bacon should be uncured and nitrate and nitrite-free

Pastured Poultry (free range)

Chicken, turkey, pastured eggs (find a local farm, shop the farmer's market)

Seafood (2 times a week)

Crabmeat, haddock, lobster, sea scallops, wild Gulf shrimp, wild Alaskan salmon, sardines, trout, mussels, domestic catfish, albacore tuna, Pacific Halibut & cod, no farmed fish

Dairy – Should be full-fat, Organic or Raw, if at all

Yogurt, milk, cottage cheese, cheese, 2% ok, no skim

Nuts & Seeds – Should be RAW and unsalted (not roasted)

Walnuts, almonds, cashews, pumpkin seeds, brazil nuts, sunflower seeds, poppy seeds, tamari roasted almond, dried chestnut, sesame seeds

Grains – Limited

Brown Rice, Whole Grain bread, Quinoa (GF-great protein source), whole grain or brown rice pasta (limited), millet(GF), barley, kamut, amaranth(GF)

Vegetables – Unlimited! Choose Organic when possible, choose local & farmer's markets over the grocery store (If you can't afford all Organic, refer to the Dirty Dozen and Clean 15 lists at <http://www.ewg.org/foodnews/summary/>)

Dark leafy greens like Kale, Collards, broccoli, zucchini, red leaf and green leaf lettuce are good choices. Try new veggies you haven't eaten before like artichokes, eggplant, Swiss chard, okra, or Bok Choy! Try to eat seasonally as well.

Fruit – Choose Organic and limit to 2 servings a day to keep sugar levels down (Refer to Clean 15 and Dirty Dozen)

Beans – They are best dried or frozen. If canned, choose a brand that has BPA-free cans (like Eden) and avoid excess sodium. Rinse and drain canned beans. Lentils: brown lentils, red lentils, french lentils

Black beans, garbanzo, white beans, navy beans and lentils are some of my faves.

Condiments/Spices/Seasonings

Try to make your own salad dressings by keeping Extra Virgin Olive Oil, Balsamic Vinegar, Red Wine Vinegar, Dijon Mustard, lemons and garlic on hand. Use a variety of spices in their whole, clean versions without additives like modified corn starch and maltodextrin.

Choose pre-made dressings that are full-fat and not fat-free; no soybean oil (they have added High Fructose Corn Syrup)

Some brands to try: Newman's Own, Annie's Naturals, organic store brands

High Fructose Corn Syrup-Free Ketchup, BBQ sauce and mayo

Herbs are easy to grow in window sills or gardens – grow your own to avoid pesticides and use daily!

Celtic Sea Salt (instead of Iodized salt that has no vital minerals)

Organic Low sodium chicken broth in a box, not a can or make your own

Chili peppers, red pepper flakes, Turmeric, cumin and curry can add great depth and flavor.

Tamari soy sauce

umeboshi vinegar: salty-sour, pickled plum vinegar that originated from Japan; alkalizing; good salt substitute

umeboshi plums

balsamic vinegar

natural organic mustard

organic sauerkraut

fresh ginger – Store in freezer

fresh garlic

miso (unpasteurized)

bragg's liquid aminos

Coconut Aminos

Spices that are good to have . . .

bay leaf

oregano

thyme

sage

rosemary

dill

fennel

cumin

caraway

mustard seeds

marjoram

garlic

basil

cayenne pepper

Butters - Organic Recommended
unsweetened apple butter
toasted sesame seed butter
almond, cashew butter
ghee (clarified butter)

Oils

Olive oil, sunflower oil (limit), avocado oil, nut oils, flaxseed oil (great for salad dressings), real butter from grass-fed cows, ghee, [unrefined Coconut oil](#) (no more corn, soy, canola or “vegetable” oils)

Beverages

Fare-trade coffee, green tea, lots of fresh, filtered water (infused with fresh fruit or cucumber if you don't like the taste), organic herbal teas

Sweeteners

Raw honey or Stevia is preferred, in green powder form
Organic 100% Cane sugar, Maple Syrup – Grade B, Sucanat, Rapadura sugar, Coconut Crystals
[L-glutamine](#) to ward off sugar cravings! My secret weapon!

Sea Vegetables – High in Iodine (good for thyroid)

kombu
arame
hijiki
nori: flakes, whole sheets
dulse
wakame

Other Items to consider:

Steel-cut Oatmeal, Sprouted Ezekiel bread, [Natural Almond Butter](#), Natural Peanut butter, Old-fashioned rolled oats, unbleached flour, [True Whey Protein Powder](#), [Raw Cacao](#), Ground Flax seed, [chia seeds](#), [Raw Maca Powder](#), [Gogi berries](#), Greek Yogurt, Coconut or Almond milk

2015 Dirty Dozen & Clean 15

Choose Organic versions of: apples, celery, cherry, tomatoes, cucumbers, grapes (imported), hot peppers, nectarines (imported), peaches, potatoes, spinach, strawberries, bell peppers, plus kale, collards, summer squash & zucchini

Clean 15 – Lower in Pesticides: asparagus, avocado, cabbage, cantaloupe, eggplant, grapefruit, kiwi, mangoes, mushrooms, onions, papayas, pineapples, sweet peas (frozen), sweet potatoes, non-gmo corn

Meal Planning Shortcuts:

- 1. Make a list of your family's favorite meals, categorize them on the type; i.e. Chicken, Beef, Pork, Vegetarian, etc...**
- 2. Make a Sunday – Saturday list, leave room for 1-2 nights out at most and one night for a fun food like nachos, pizza, burgers, etc...**
- 3. Roast a whole chicken on Sunday, save leftover meat for tacos, stir-fry, chicken salad and lettuce wraps for lunches; then put the carcass in a crock pot with 1 Tbsp apple cider vinegar, add an onion, celery and carrot, add filtered water and some peppercorns, bay leaf and herbs. Leave on for 24 hours at low. Strain & pour stock into mason jars and save for the week.**
- 4. Use your stock for lentil soup, chicken pot pie, vegetable soup and braising greens like kale and collards.**
- 5. Make 2 cups of quinoa on the weekend and use throughout the week as a Meatless Monday dish with roasted veggies, or on top of salads, as a warm porridge for breakfast and as a simple side dish with feta cheese.**

Ingredients to avoid:

- 1. Industrial vegetable oils: soybean, canola, cottonseed, corn (all GMO and high in Omega 6)**
- 2. Chemical additives like BHA, BHT, MSG**
- 3. Artificial colors (red #40, yellow #6, etc...)**
- 4. Artificial sweeteners like Aspartame, Sucralose, Splenda, Equal, white Stevia powder**
- 5. High Fructose Corn Syrup**
- 6. Partially Hydrogenated Oils**