



Michelle Dudash's Clean Eating Grocery List

Foods to keep on hand	Qty/week	Use
Fruits and vegetables: enjoy 1-2 cups fruits and/or vegetables at each meal, plus at snacktime		
Year-round produce (mostly)		
yellow onions	1	dinner recipes, soups, stews, broths, stocks
bananas	7	grab-and-go breakfast, snacks, oatmeal, breads
broccoli	1 head	stir-fries, microwaved, steamed, spritz with soy sauce
mushrooms, crimini/baby bella	8-oz package	vegetarian meals, with steaks, pasta dishes
pre-washed greens: baby arugula, baby spinach, kale, mixed greens	1 bag/box	salads, filling in lunch wraps, tacos, pasta
apples	4	grab-and-go snack, sliced with nut butter dip
lemons	2	seafood, vinaigrettes; use the zest, too
lime	1	for tacos, drinks, seafood, shrimp
sugar snap peas, pre-washed	8 oz pkg	snack; pair with hummus, stir-fries
navel or valencia oranges		muddled mocktails with juice, sparkling water
carrots/baby carrots		snack
garlic		stir-fries, pasta, marinade, roasted+pureed into spread
scallions		stir-fries, dips, salsas, salads
potatoes, russet or red		oven fries: http://www.michelledudash.com/?p=11474
fresh herbs like parsley, basil		my husband grows these in the garden
Fall & winter produce		
grapes, California	1 bag	grab-and-go snack, breakfast, side dish, salads
pomegranate, California	1	yogurt, salads, sprinkled over hummus
kiwi	2	snack, breakfast, side dish, smoothies
squash: acorn, butternut, delicata	1 kind	roasted at high temp with oil, salt, cumin; soup
pears, Northwest	3	grab-and-go snack and breakfast, side dish
yams and sweet potatoes	2	roasted on high with oil, salt, cumin, twice-baked
strawberries, Florida (East coast)		snack, breakfast, side dish, smoothies
persimmons		snack, salads
Brussels sprouts		roasted or grilled with olive oil, salt, garlic
green beans		microwaved/steamed dinner side with lemon
figs, California		on sprouted wheat toast with natural PB
mangos (CA, Sept-Oct)		salsas, sides, salads, smoothies
Summer & spring produce		
nectarines, peaches, plums	3	snack, breakfast, side dish, grilled
strawberries, raspberries (Cali)	1	snack, breakfast, side dish
blueberries, Cali, CA, NW	1 pint	snack, breakfast, side dish, cereal
avocados, California*	2	mashed on toast, salsa, guac, side dish; salads
zucchini, yellow squash		in pasta, stir-fries, spiralized, roasted, grilled
green beans	1 lb	microwaved/steamed dinner side with lemon
cherries, Northwest		snack, breakfast, side dish
watermelon		snack, side dish with grilled food, salsa, drinks
tomatoes		salads, sandwiches
mangos (Puerto Rico)		salsas, sides, salads, smoothies
Butcher: up to 6 ounces per day, mostly from poultry (or seafood or eggs)		
chicken thighs boneless, skinless		grill, slow-cook: http://www.michelledudash.com/?p=11695
chicken breasts, boneless skinless		nuggets: http://www.michelledudash.com/?p=11470
turkey breast, ground, lean		burgers, pasta, meatballs, tacos: http://bit.ly/2fVlhYP
beef, pork, lamb		I cook 1-2x/month; pulled pork: http://bit.ly/2fkFWaH

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Serving sizes and frequency roughly based on a 2,000-calorie diet.

Brands denoted with an () are current clients, however, I was not compensated to include them in this.



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Seafood: 2+ servings per week		
wild Alaskan salmon, black cod, mahi mahi, halibut, seabass		buy fresh the day of or day before you cook it
tilapia, farm raised in U.S.		tacos, sauteed, baked, oven-fried
Dairy & egg case: 2-3 servings/day, or 3+ calcium foods per day; (**)=foods that do not contribute calcium		
milk	1 quart	I buy 2% (children under the age of 2 require whole)
flavored yogurt cups, Icelandic or Greek (like Chobani*)	3	breakfast, stir in low-sugar granola
soy yogurt (Nancy's)		breakfast, w/ hemp seeds and raisins stirred in
mozzarella cheese sticks, part-skim	1	snacks for the kids
100% Parmesan cheese		grated, pasta, salads
eggs, large**	18 count	poached, hard-boiled, recipes
buttery spread (Earth Balance)**		toast, waffles, pancakes, some cooking
creamer (Silk or Natural Bliss)**		in coffee
Bakery: enjoy up to 6 servings of whole grains daily		
sprouted wheat bread		breakfast, toasted, store in freezer
100% whole-grain bread (Orowheat)	2	for sandwiches and toast for the rest of family
100% whole-grain English muffins (Orowheat)		for breakfast with mashed avocado, nut butter or hummus
tortillas, flour, 100% whole-wheat (Guerrero)		for burritos and wraps
tortillas, corn		soft tacos
Canned goods: choose those that are lower in sodium		
tomato products (paste, whole, crushed)		keep 1-2 of each on hand for pasta, stews, casseroles
legumes: chickpeas, black beans, pinto, white, lentils		pasta, salads, soups, stews, patties
whole-foods soups (Wolfgang Pucks, Amy's)		bean-based, veggie-based, chicken noodle for sickies
tuna and salmon cans or pouches		great protein for traveling, sandwiches, salads
Frozen: convenience foods, aim for <500 mg sodium per serving		
shrimp, raw, tail-on		shrimp cocktail, stir-fries, grilled with herbs
Alaska cod		baked, sauteed
pad thai, black bean enchiladas, Indian Korma, quinoa and black beans bowl (Amy's)	1	my lunch when not much in the house, or limited time
peas, carrots, shelled edamame		easy veggie add-ins for pasta, stir-fries, soups
turkey meatballs (Foster Farms)	1	for a quick spaghetti topper
waffles, mini (Earth's Best)	1 box	Scarlet's breakfast necessity
pancakes, mini, whole-grain	1 box	Scarlet's breakfast necessity
Deli: convenience foods, aim for <500 mg sodium per serving		
hummus (Sabra)*	2	lemon twist & roasted pine nut are our favorites
olives		pasta, nibbles
Dry packaged goods: as needed--buy high-use foods in bulk to save time and money		
Snacks		
KIND bars*		Nuts + Spice maple pecan my current fave
mixed nuts, cashews, almonds, pistachios, walnuts		the faves in our house, but all nuts are good--snacks and salads, cereal, yogurt, oatmeal
hemp seeds		stir into yogurt, cereal, oatmeal
crackers (Mary's Gone Crackers, Ak-Mak, Crunchmaster's)		my go-to crackers

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whole ground corn tortilla chips (Tostitos Simply)		love with salsa, guac or hummus
popcorn, popped (Popcornopolis Nearly Naked)		just corn, coconut oil, salt--my girls' staple snack
popcorn, microwave (Quinn olive & herb @ Whole Foods and Amazon)		my fave popcorn
fruit puree pouches		snacks for the kids that travel well
Clif Zbars		for Stella
Goldfish, whole-grain		for the kids, mix with raisins, popcorn
Condiments, spice & bake		
extra-virgin olive oil		use cheaper one for cooking, pricier one for dipping
oils: canola, rice bran, coconut		high-heat cooking
applesauce cups (Mott's naturals)		lunchboxes, snacks
peanut butter (nuts, salt), organic		large size from Costco-- we go through a lot
almond butter		ALDI* has amazing prices on this
sunflower seed butter (Sunbutter)		necessity for nut-free lunches at school, "PB&Js"
raisins, dates		salads, snacks, cereal, in yogurt
salad dressings (Annie's)		obsessed with their Green Goddess
soy milk, organic, unsweetened		
dried herbs, spices: I have a gazillion kinds		add depth, flavor to foods without salt
raw sugar		coffee, desserts
jelly (fruit as first ingredient), no HFC's		large size from Costco-- we go through a lot
vinegars: apple cider, rice		add depth, flavor to foods without salt
ketchup (Heinz Simply)		oven fries
dark chocolate--the higher the % cocoa, the better; cocoa nibs		one of my favorite travel "souvenirs," trail mix, smear on peanut butter; nibs for a snack
Bragg's liquid amino acids		adds umami taste, vegetarian dishes
Beverages		
tea bags, black, green, herbal		afternoon alertness boost!, brewed daily
coconut water, plain		Zico and Vita Coco my fave brands
Breakfast & cereal		
oats, thick-cut		breakfast nuked in microwave with raisins, milk
cereal, 100% whole-grain		breakfast, for the kids
real maple syrup		for the girls pancakes, waffles, sweetener
real honey		tea, desserts, oats, sweetener
International cuisine		
reduced-sodium soy sauce		stir-fries, seasoning vegan dishes
salsa (Herdez)		authentic tasting and widely available
Grain & pastas		
quinoa		hot side dishes and cold salads
pasta (Barilla Plus)		everyone in my family loves this brand
marinara sauce (Victoria White Linen Collection or Mario Batali)		Costco sells and it is fantastic and natural
brown rice, wild rice		stir fries, rice pilaf recipe in my book
broth, chicken and veg (Kitchen Basics, Pacific)		sauces, soups, rice, slow cooker
macaroni & cheese (Annie's)		for the kids
Disclaimer: This information is not intended to treat or diagnose a medical condition. Consult with a medical professional before making changes to your diet.		

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