



## Michelle Dudash's Clean Eating Grocery List

Foods I usually keep on hand	Qty/week	Use
<b>Fruits and vegetables:</b> enjoy 1-2 cups fruits and vegetables at each meal, plus at snacktime		
<b>Year-round produce (mostly)</b>		
yellow onions	1	dinner recipes
bananas	7	grab-and-go breakfast, snack
broccoli	1 head	<a href="http://www.thugkitchen.com/roasted_chickpea_broccoli_burrito">http://www.thugkitchen.com/roasted_chickpea_broccoli_burrito</a>
mushrooms, crimini/baby bella	1 package	vegetarian meals, with steaks, pasta dishes
pre-washed greens: baby arugula, baby spinach, kale, mixed greens	1 bag/box	dinner salads, filling in lunch wraps, tacos
apples	4	grab-and-go snack, sliced with nut butter dip
lemons	2	seafood, almost anything
lime	1	for tacos, drinks
sugar snap peas, pre-washed	8 oz pkg	go-to pre-dinner snack with hummus
navel or valencia oranges		muddled mocktails with juice, sparkling water
carrots/baby carrots		snack
garlic, scallions		dinner recipes
potatoes, russet or red		oven fries: <a href="http://www.michelledudash.com/?p=11474">http://www.michelledudash.com/?p=11474</a>
fresh herbs like parsley, basil		my husband grows these in the garden
<b>Fall &amp; winter produce</b>		
grapes, California*	1 bag	grab-and-go snack, breakfast, side dish, salads
pomegranate, California	1	yogurt, salads
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
strawberries, Florida (East coast)		snack, breakfast, side dish, smoothies
persimmons		snack, salads
Brussels sprouts		roasted or grilled with olive oil, salt, garlic
<b>Summer &amp; spring produce</b>		
nectarines, peaches (California)	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
green beans (also fall)	1 lb	microwaved/steamed dinner side with lemon
cherries, Northwest		snack, breakfast, side dish
watermelon		
tomatoes		salads, sandwiches
<b>Butcher:</b> up to 6 ounces per day, mostly from poultry (or seafood or eggs)		
chicken thighs boneless, skinless		grill, slow-cook: <a href="http://www.michelledudash.com/?p=11695">http://www.michelledudash.com/?p=11695</a>
chicken breasts, boneless skinless		nuggets: <a href="http://www.michelledudash.com/?p=11470">http://www.michelledudash.com/?p=11470</a>
turkey breast, ground, lean		lots of dinner recipes in my book using this
beef, pork, lamb		I cook once or twice a month
<b>Seafood:</b> 2+ servings per week		
wild Alaskan salmon, black cod, mahi mahi, halibut, seabass		We buy fresh on the weekends the day of or day before we plan cook it



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<b>Dairy &amp; egg case: 2-3 servings/day, or 3+ calcium foods per day; **=foods do not contribute calcium</b>		
milk	1/2 gallon	Stella is almost 2, so I buy whole milk
flavored yogurt cups, Icelandic or Greek (Siggi's* or 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
Parmesan cheese, free of fillers		grated, pasta, salads
eggs, large**	18 count	poached, hard-boiled, recipes
buttery spread (Earth's Balance)**		toast, waffles, pancakes, some cooking
creamer (Silk or Natural Bliss)**		in coffee
<b>Bakery: enjoy up to 6 servings of whole grains daily</b>		
sprouted wheat bread		a go-to 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
<b>Canned goods &amp; soups</b>		
tomato products (paste, whole, crushed)		keep 1-2 of each on hand
legumes: chickpeas, black beans, pinto, white, lentils		vegan pasta: olives, olive oil, nutr yeast
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
<b>Frozen: convenience foods, aim for &lt;500 mg sodium per serving</b>		
tilapia, farm raised in U.S.		tacos, recipe in my book
shrimp, raw, tail-on		shrimp cocktail, stir-fries, grilled with herbs
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
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
<b>Deli: convenience foods, aim for &lt;500 mg sodium per serving</b>		
hummus (Sabra)*	2	lemon twist & roasted pine nut our favorites
olives		recipes, nibbles
<b>Dry packaged goods: as needed--buy high-use foods in bulk to save time and money</b>		
<b>Snacks</b>		
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
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



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popcorn, microwave (Quinn olive & herb @ Whole Foods and Amazon)		my fave popcorn
<b>Condiments, spice &amp; bake</b>		
extra-virgin olive oil		cheaper 1 for cooking, pricier 1 for dipping
oils: canola, rice bran, coconut		
applesauce cups (Mott's naturals)		lunchboxes or for if we run out of fresh fruit
peanut butter (nuts, salt), organic		large size from Costco-- we go through a lot
almond butter (Justin's)		pricey though, so I only buy occasionally
sunflower seed butter (Sunbutter)		necessity for nut-free lunches at school, "PB&Js"
raisins, dates		
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
<b>Beverages</b>		
tea bags, black and green		afternoon alertness boost!, brewed daily
coconut water, plain		Zico and Vita Coco my fave brands
<b>Breakfast &amp; cereal</b>		
oats, thick-cut		breakfast nuked in microwave with raisins, milk
cereal, 100% whole-grain		breakfast, toddler snack
real maple syrup		for the girls pancakes, waffles, some recipes
real honey		tea, desserts, oats
<b>International cuisine</b>		
reduced-sodium soy sauce		stir-fries, seasoning vegan dishes
salsa (Herdez)		authentic tasting and widely available
<b>Grain &amp; pastas</b>		
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
<b>Just for the kiddies</b>		
macaroni & cheese, 5-pack single serve (Annie's)		easy meal for Scarlet when she doesn't like what we're eating
Goldfish, whole-grain		mix with raisins, popcorn
Clif Zbars, Nibbly Fingers		snack that travels well
fruit puree pouches		snack that travels well
* <b>Disclosure:</b> Current clients, but I have not been compensated to include them in this list.		
<b>Disclaimer:</b> This information is not intended to treat or diagnose a medical condition. Consult with a medical professional before making changes to your diet.		