Shopping Guide
Clean Cuisine’s Key Ingredients

The star ingredients in Clean Cuisine are “whole” and unrefined plant foods in the form of fruits, vegetables, whole grains, beans, nuts, and seeds.

The supporting cast consists of moderate amounts of the highest quality wild fish along with limited amounts or organic, pastured eggs and pastured meat.

Oils, spices and herbs are used as condiments. Note: Clean Cuisine is not a “low fat” diet, but it is a “reduced oil diet.” We encourage you to get your dietary fat from “whole food” sources as much as possible rather than eating a lot of oil; olives, for example, offer a much more complete nutritional package in comparison to olive oil.

Depending on the season and your meal plan for the upcoming week, you will also need to buy fresh and frozen fruits and vegetables, fresh herbs, pastured organic eggs, seafood and limited amounts of pastured meat and chicken.
**Spices**
- Cayenne Pepper
- Chili Powder
- Cinnamon
- Coriander
- Cumin
- Garlic Powder
- Red Chili Flake
- Turmeric
- Dried Rosemary
- Cajun Spice
- Curry Powder
- Italian Seasoning
- Dried Oregano
- Paprika
- Garam Masala
- Ground Cloves
- Nutmeg
- Mrs. Dash Seasonings (Southwest, Chipotle, Caribbean Citrus)
- Chili Mixes

**Essential**
- Extra Virgin Coconut Oil *(such as Barlean’s)*
- Extra Virgin Olive Oil, cold-pressed *(such as McEvoy Ranch, Trader Joe’s California Estate, Whole Foods 365, Everyday Value 100% California Unfiltered, or Lucini Premium)*
- Flax Oil *(such as Barlean’s)*
- Balsamic Vinegar
- Raw, Unrefined Apple Cider Vinegar *(such as Bragg Organic)*
- Rice Wine or Rice Wine Vinegar

**Optional**
- Unrefined Macadamia Nut Oil *(such as Now Foods Expeller Pressed Organic)*
- Unrefined Hemp Oil
- Unrefined Walnut Oil

**Oil & Vinegar**

- **Essential**
  - Extra Virgin Coconut Oil *(such as Barlean’s)*
  - Extra Virgin Olive Oil, cold-pressed *(such as McEvoy Ranch, Trader Joe’s California Estate, Whole Foods 365, Everyday Value 100% California Unfiltered, or Lucini Premium)*
  - Flax Oil *(such as Barlean’s)*
  - Balsamic Vinegar
  - Raw, Unrefined Apple Cider Vinegar *(such as Bragg Organic)*
  - Rice Wine or Rice Wine Vinegar

- **Optional**
  - Unrefined Macadamia Nut Oil *(such as Now Foods Expeller Pressed Organic)*
  - Unrefined Hemp Oil
  - Unrefined Walnut Oil
Condiments & Superfoods

Essential
- Hummus *(look for one made with tahini and no added oil, such as Wild Garden Hummus)*
- Pure Vanilla Extract
- Anchovy Paste
- Tomato Paste
- Capers
- *Namu Shoyu* Unpasteurized Soy Sauce or *San-J* Gluten-Free Soy Sauce
- Dijon or Stoneground Mustard
- Hot Sauce *(such as Tabasco)*
- Organic Worcestershire *(such as Annie’s Naturals)*
- Unrefined Sea Salt *(such as Real Salt)*
- Ground Black Pepper

Optional
- Acai Freeze-Dried Powder
- Dried Goji Berries
- Dried Mulberries
- Raw Cacao Powder
- Raw Cacao Nibs
- Nutritional Yeast
- Wasabi Powder
- Assortment of Fresh Olives

Pastas
- Quinoa Spaghetti
  - *ie: Ancient Harvest*
- Sprouted Whole Grain Spaghetti and Pasta
  - *ie: Food for Life Ezekiel 4:9*
- 100% Buckwheat Soba Noodles
- Brown Rice Pad Thai Noodles
  - *ie: Annie Chun’s*
- Gluten-Free Pasta
  - *ie: TruRoots “Ancient Grain”* Pasta made with amaranth, quinoa and brown rice

Note: Choose one to keep on hand at all times
Cereals

- Old-Fashioned Rolled Oats
- Steel Cut Oats
- Uncle Sam Original Cereal
- Post Shredded Wheat ’n Bran
- Ezekiel 4:9 Sprouted Whole Grain Cereal (any variety)
- Organic Qia Superfood Cereal (Nature’s Path)

Whole Grains

- Short Grain Brown Rice (optional: look for sprouted brown rice such as TruRoots)
- Black Rice
- Wild Rice
- Millet
- Quinoa (optional: look for sprouted quinoa such as TruRoots)
- Buckwheat
- Barley
- Freekeh
- Bulgur Wheat
- Whole Grain Israeli Couscous
- Farro
Breads, Wraps, & Tortillas

- Sprouted Whole Grain Bread
- Sprouted Whole Grain Corn Tortillas
- Sprouted Whole Grain Tortilla Wrap
- Whole Grain Pocket Bread
- Organic Sprouted Manna Organics Bread

{Note: Look for Bread products from the Brand Food for Life Ezekial 4:9.}

Flour

- White Whole Wheat Flour *(such as King Arthur Brand)*
- Millet Flour
- Almond Flour
- Barley Flour
Beans &
Legumes

- Adzuki Beans
- Black Beans
- Black Eyed Peas
- Black Soybeans
- Cannellini Beans
- Fava Beans
- Great Northern Beans
- Kidney Beans
- Lentils
- Navy Beans
- Pinto Beans
- Red Beans
- Split Peas
- White Soybeans

Sweeteners &
Dried Fruits

- Raw Honey
- Molasses
- Real Vermont Maple Syrup or Pure Canadian Maple Syrup
- Pitted Dates
- Prunes
- Dried Apples
- Raisins
- Date Sugar *(Note: this is an unrefined sugar made with whole dates)*
- Coconut Palm Sugar *(Note: this is another unrefined sugar and contains all of its vitamins and minerals. Plus, it appears not to affect blood sugar levels the way refined sugar does)*
- Raw, Unsweetened, Shredded Coconut
Vegan Broths

- Organic Vegetable Broth
- Miso (Miso Master brand “Organic Mellow White Miso” makes a super nutritious and probiotic-rich alternative to vegetable broth)
- Organic Tom Yum Soup Starter
- Organic Vegetarian Pho Soup Starter
- Organic Tortilla Soup Starter

Note: For the Vegetable broth and all of the soup starters, look for Pacific Foods.

Raw Nuts, Seeds, & Nut Butters

- Raw Tahini
- Raw Almond Butter
- Freshly Ground Peanut Butter or All-Natural Peanut Butter (Look for one made with just 2 ingredients: peanuts and salt)
- Chia Seeds
- Hemp Seeds
- Ground Flaxseeds (such as Barlean’s Forti-Flax)
- Raw Cashews
- Raw Walnuts
- Raw Pecans
- Raw Pine Nuts
- Raw Macadamia Nuts
- Raw Pumpkin Seeds
- Raw Sunflower Seeds
**“Milks”**

- Hemp Milk
- Organic Coconut Milk (*Note: look for coconut milk found in a can in the non-refrigerated ethnic section of supermarkets*)

**Nut Cheese**

- Dr. Cow ([www.Dr-Cow.com](http://www.Dr-Cow.com)) Organic and Dairy-Free “Nut Cheeses” are not so much a diet staple as a luxury, they are pricey but so well worth it!
Canned & Jarred Goods

- Chopped Tomatoes *(Look for a BPA-free brand such as POMI brand)*
- Tomato Sauce *(Look for a BPA-free brand such as POMI)*
- High Quality Prepared Marinara Sauce made with Olive Oil *(Such as Rao's Homemade Marinara)*

Caned & Smoked Wild Organic Seafood

- Vital Choice *(www.VitalChoice.com)* has an amazing selection of wild and organic seafood that is also very low in mercury. All of the canned and smoked seafood from Vital Choice can be considered a “Clean Cuisine” staple food.
Frozen Vegetables

- Petite Peas
- Organic Corn
- Organic Edamame Beans
- Chopped Greens (*Collards, Spinach, Kale, etc.*)
- Whole Asparagus
- Artichokes
- Haricot Verts
One of the drawbacks of eating clean is that your pantry can end up looking like a total mess if you don’t have an organized system for storing bulk food ingredients like nuts, seeds, dried fruits, flour, whole grains, dried beans, etc. We have found glass mason jars to be the best storage solution for keeping our bulk foods fresh and keeping our pantry looking nice and tidy. Mason jars are fairly inexpensive and they last forever. They are considerably cheaper than most other glass storage containers and you can get them in a variety of different sizes.