

## Bakery

- Whole Grain Breads
- Brown Rice Wraps
- Whole Grain Wraps (Ezekiel)

## 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)
- Other Whole Grain Flours (Quinoa, Amaranth, Spelt)
- Spices (Cumin, Nutmeg, Etc.)
- \_\_\_\_\_
- \_\_\_\_\_

## Condiments

- Mustard
- Salsa
- All Natural, Sugar Free, Tomato Sauce
- Unsweetened, Organic Applesauce
- Honey

## Produce

### VEGETABLES

- Cucumber
- Romaine Lettuce
- Mushrooms
- Green Beans
- Asparagus
- Broccoli
- Squash
- Turnip
- Spinach
- Onions
- Garlic
- Celery
- Sweet Potatoes
- Potatoes
- Zucchini
- Tomato

### FRUITS

- Fresh Berries (Blueberries, Blackberries, Raspberries, Strawberries)
- Apples
- Bananas
- Pears
- Avocado
- Unsweetened Dried Fruit (Apricots, Cranberries, Raisins, Apples, Prunes, Figs, Dates)



## Supplements

*\*Consult your nutritionist before starting on a supplement program.*

- Meal Replacement Shake
- Thermoplus
- Catalyst
- Fibo-Trim
- Spark Energy Drink
- MNS Max-E
- Cod Liver Oil Tabs

GET THEM HERE:  
[WWW.ADVOCARE.COM](http://WWW.ADVOCARE.COM) / 09104556

## Beverages

- Green Tea
- Maca Tea
- Tulsi Tea
- Coffee
- Bottled Water

- \_\_\_\_\_
- \_\_\_\_\_

## Miscellaneous

- Balsamic Vinegar
- Rice Vinegar
- Lemon Juice
- Lime Juice
- Apple Cider Vinegar

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

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**EVERY REP COUNTS**

[www.squeezestudiofitness.com](http://www.squeezestudiofitness.com)  
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Brookfield WI 53005  
414-315-1413

# The Eat Clean Grocery List



## 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

## 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

## Dairy

- Eggs (Omega-3 Variety)
- Skim Milk
- Fat-free Soy milk, Rice Milk Or Almond Milk
- Fat-free, Sugar-free Plain Yogurt
- Olive Oil-based Margarine
- Kefir