



Clean Eating

Improving your life one meal at a time.

Week 1 Shopping List

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Your 14-Day Clean Eating Meal Plan Shopping List

We've combined all the season has to offer into one delicious and slimming meal plan to keep satisfied for two weeks straight. Print off this detailed and organized shopping list to make grocery store trips and eating clean a breeze

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Week 1 Shopping List

Proteins & Dairy

- 3 oz low-fat cheddar cheese
- 1 16-oz container 1% cottage cheese
- 1 6-oz pkg low-fat mozzarella string cheese
- 1 lb boneless, skinless chicken breasts
- 1 pkg dried chickpeas (aka garbanzo beans) or 1 14-oz BPA-free can chickpeas
- ½ dozen eggs
- ½ gallon low-fat milk (skim or unsweetened rice, almond or soy milk)
- 4 oz lean pork chop with bone
- 1 lb salmon fillets, skin and bones removed
- 7 oz medium shrimp
- 1½ lb top round steak
- 6 oz deli-fresh low-sodium turkey breast
- 2 16-oz containers nonfat plain Greek-style yogurt

Veggies/Fruit

- 3 apples
- 2 10-oz bags frozen artichoke hearts
- 2 bananas
- 1 large head broccoli
- 2 1-lb bags carrots
- 1 large head cauliflower
- 2 cucumbers
- 1 head garlic
- 1 small piece ginger root
- 2 bunches green or red seedless grapes
- 3 lemons
- 1 large head green leaf lettuce
- 1 large mango
- 1 large red onion
- 4 medium yellow onions
- 5 oranges
- 1 bunch Italian flat-leaf parsley
- 1 pkg frozen peas
- 2 lb white potatoes
- 1 bunch fresh rosemary
- 1 pint strawberries
- 1 bunch fresh thyme
- 2 pints cherry tomatoes
- 1 large tomato

Whole Grains

- 8 whole-wheat buns (freeze 1 for next week)
- 1 box Nature's Path Heritage Flakes cereal
- 1 box whole-wheat couscous
- 1 box natural whole-wheat honey graham crackers (Try: Mi-Del Classic Naturals Honey Graham's)
- 1 bag whole-wheat flour
- 1 bag Bear Naked Triple Berry Crunch Fit Granola
- 1 box plain quick-cooking oatmeal
- 1 box medium-grain brown rice

Nuts/Seeds/Oils

- 1 6-oz bag unsalted almond slices
- 1 bottle extra-virgin olive oil
- 1 bottle olive oil
- Olive oil cooking spray
- 1 jar unsalted all-natural peanut butter
- 1 bottle sesame seed oil
- 1 12-oz bag roasted sunflower seeds
- 1 6-oz bag unsalted walnut halves

Extras

- 1 box low-sodium beef broth
- 1 jar capers
- 1 small bag dried cherries
- 1 jar herbes de Provence
- 1 jar raw honey
- 1 container hummus
- 1 bottle all-natural fruit-sweetened peach jam
- 1 small bottle pomegranate juice
- 1 jar Dijon mustard
- 1 jar Kalamata olives
- 1 small bottle ground black pepper
- 1 container vanilla protein powder
- 1 bottle sea salt
- 1 box low-sodium butternut squash soup
- 1 bottle low-sodium soy sauce
- 1 bottle balsamic vinegar
- 1 bottle red wine