



# Clean Eating

Improving your life one meal at a time.

## Week 2 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 2 Shopping List

### Proteins & Dairy

- ☐ 1 pkg dried black beans or 1 14-oz BPA-free can black beans
- ☐ 1 box Jennie-O All Natural Quarter Pound Turkey Burgers
- ☐ 1 16-oz container 1% cottage cheese
- ☐ 1 16-oz container low-fat ricotta cheese
- ☐ 1 lb boneless, skinless chicken breast
- ☐ 4 eggs
- ☐ 1 lb halibut, skin and bones removed
- ☐ 1 bottle low-fat blueberry kefir
- ☐ 1 small container 1% milk
- ☐ 1 lb pork tenderloin
- ☐ 1 pkg all-natural lean Italian turkey sausages (use 2 3-oz links; freeze leftovers)
- ☐ 4 oz tilapia
- ☐ 1 8-oz pkg extra-firm tofu
- ☐ 1 3-oz pouch cooked tuna
- ☐ 1 16-oz container nonfat plain Greek-style yogurt

### Veggies/Fruit

- ☐ 4 apples
- ☐ 1 avocado
- ☐ 2 bananas
- ☐ 1 lb green beans
- ☐ 1 head cabbage
- ☐ 1 bunch cilantro
- ☐ 2 pink grapefruits
- ☐ 1 large jicama
- ☐ 2 kiwi
- ☐ 1 head iceberg lettuce
- ☐ 1 lime
- ☐ 1 16-oz pkg white mushrooms
- ☐ 1 pineapple or 1 pkg cubed pineapple (at least 2 cups)
- ☐ 2 medium sweet potatoes
- ☐ 1 bunch sage
- ☐ 3 9-oz bags or bunches fresh spinach
- ☐ 1 pint strawberries
- ☐ 3 medium tomatoes

### Whole Grains

- ☐ 1 box multigrain flaxseed crackers
- ☐ 1 pkg whole-wheat pastry flour
- ☐ 1 1-lb box whole-wheat penne pasta
- ☐ 1 box quinoa
- ☐ 1 bag whole-wheat tortillas (8 inches in diameter)

### Nuts/Seeds/Oils

- ☐ 1 8-oz bag unsalted roasted whole almonds
- ☐ 1 bottle peanut oil
- ☐ 1 8-oz bag unsalted roasted peanuts
- ☐ 1 bag unsalted roasted pumpkin seeds

### Extras

- ☐ 1 box baking soda
- ☐ 1 jar ground cinnamon
- ☐ 1 jar ground cumin
- ☐ 1 bottle dried oregano
- ☐ 1 jar low-sodium salsa
- ☐ 1 box kosher salt
- ☐ 1 bottle hot sauce
- ☐ 1 box low-sodium roasted red pepper and tomato soup
- ☐ 1 small jar pure maple syrup
- ☐ 1 bottle red wine vinegar
- ☐ 1 bottle white vinegar