



SHOPPING LIST: WEEK 1

PROTEINS & DAIRY

- 10 oz feta cheese
- 9½ oz reduced-fat cheddar cheese
- 1 qt reduced-fat (1% or 2%) milk or unsweetened rice, almond or soy milk
- 1 17.6-oz plus 1 7-oz container reduced-fat (1% or 2%) plain Greek yogurt (TRY: FAGE Total 2%)
- 1 16-oz container reduced-fat (1% or 2%) cottage cheese
- ½ dozen eggs
- 12 oz reduced-sodium deli-fresh sliced turkey breast (freeze 6 oz for Week 2)
- 10 oz boneless, skinless chicken breast tenders
- 1 lb chicken breast cutlets
- 15 oz boneless, skinless chicken breasts (freeze 5 oz for Week 2)
- 1 5-oz boneless, skinless salmon fillet
- 2 5-oz boneless, skinless cod fillets (freeze 1 for Week 2)
- 2 4-oz bone-in pork chops (freeze 1 for Week 2)
- 16 oz extra-lean ground pork
- 16 oz extra-lean ground beef

VEGGIES & FRUITS

- 2 avocados
- 1 banana
- 1 large cantaloupe
- 24 oz grapes
- 2 lemons
- 1 lime
- 4 peaches
- 1 pint raspberries
- 2 pints strawberries (NOTE: Freeze 10 whole strawberries.)
- 2 bunches fresh cilantro
- 1 9-oz bag mixed greens
- 1 large bunch kale
- 26 oz carrots
- 3 cucumbers
- 1 large head garlic
- 2 yellow onions
- 3 red onions
- 4 jalapeño chile peppers
- 3 sweet potatoes
- 4 vine tomatoes
- 1 red bell pepper
- 1 eggplant
- 1 yellow summer squash
- 2 shallots
- 10 plum tomatoes
- 1 jicama
- 1 bunch fresh thyme
- 1 bunch fresh basil
- 1 bunch fresh flat-leaf parsley
- 1 large zucchini

WHOLE GRAINS

- 1 box whole-grain cereal (TRY: Ezekiel 4:9 Cinnamon Raisin Whole Grain Cereal)
- 1 box whole-grain crackers (TRY: Jovan's Taste of Tuscany Whole Food Artisan Crackers)
- 1 small bag oat flour
- 1 5-count bag whole-grain English muffins (freeze 4 for Week 2)
- 1 8-count bag whole-grain sandwich flats (freeze 2 for Week 2)
- 1 large pkg quinoa
- 1 bag brown rice cakes (TRY: Lundberg Family Farms Organic Brown Rice Cakes, Salt Free)
- 1 6-oz bag bean chips or whole-grain tortilla chips (TRY: Beanitos Original Black Bean Chips with Sea Salt)
- 1 9-count pkg 6- to 7-inch whole-grain tortillas
- 1 pkg whole-wheat panko bread crumbs
- 4 small whole-grain pitas or flatbreads

NUTS, SEEDS & OILS





- 1½ oz ground flaxseeds
- ¼ oz sesame seeds
- 5 oz raw unsalted walnuts
- 1 jar natural unsalted almond or peanut butter
- 1 bottle olive oil
- 1 bottle extra-virgin olive oil
- 1 bottle safflower oil
- Olive oil cooking spray

EXTRAS

- 1 box whole-grain or all-natural fruit bars (TRY: Lärabar)
- 1 15-oz BPA-free can unsalted black beans
- 1 15-oz BPA-free can unsalted pinto beans
- 1 can chipotle chiles in adobo sauce
- 1 large container hummus
- 1 bottle ground cumin
- 1 bottle garlic powder
- 1 bottle dried oregano
- 1 bottle smoked paprika
- 1 bottle dried fennel seeds
- 1 bottle ground black pepper
- 1 bottle coarse or regular sea salt
- 1 container whey protein powder
- 1 3-oz pouch wild albacore tuna (TRY: Wild Planet Wild Albacore Tuna)
- 1 jar raw honey
- 1 bottle Dijon mustard
- 1 bottle red wine vinegar
- 1 bottle balsamic vinegar
- 1 bottle apple cider vinegar
- 1 bottle red pepper flakes



MEAL PLAN: WEEK 1







	MONDAY	TUESDAY
BREAKFAST	<p>Peachy Cereal: Top 1 cup cereal with 1 peach, pitted and chopped, ¾ cup milk and 1 tbsp flaxseeds</p> <p>8 walnuts</p>	<p>Fruit Yogurt: Mix 1 cup Greek yogurt with ½ cup each grapes, sliced, and raspberries</p>
SNACK	<p>2 rice cakes</p> <p>½ cup cottage cheese</p>	<p>2 rice cakes with 1½ tbsp almond butter</p> 
LUNCH	<p>Turkey Sandwich: In 1 sandwich flat, arrange 3 oz turkey, 1 oz cheddar, 1 slice tomato and ¼ cup mixed greens</p> <p>1 cup raspberries</p>	<p>1 serving Cheesy Chicken & Kale Quesadillas with Creamy Guacamole (leftovers, p. 86)</p> <p>1 peach</p> 
SNACK	<p>1 cup sliced cucumber with ¼ cup hummus</p> 	<p>2 carrots, peeled and sliced, with ¼ cup hummus</p>
DINNER	<p>1 serving Cheesy Chicken & Kale Quesadillas with Creamy Guacamole (see recipe, p. 86; save leftovers)</p> <p>1 cup grapes</p> 	<p>Cilantro Salmon: Top 5 oz salmon with 1 clove garlic, minced, and pinch each salt and black pepper; bake, then top with 1 tsp chopped cilantro</p> <p>Black Beans A</p> <p>2 cups chopped and sautéed kale</p>
TOTAL NUTRIENTS	<p>CALORIES: 1,633, FAT: 43 g, SAT. FAT: 8 g, CARBS: 229 g, FIBER: 42 g, SUGARS: 68 g, PROTEIN: 96 g, SODIUM: 2,263 mg, CHOLESTEROL: 121 mg</p>	<p>CALORIES: 1,852, FAT: 59 g, SAT. FAT: 10 g, CARBS: 224 g, FIBER: 47 g, SUGARS: 75 g, PROTEIN: 124 g, SODIUM: 1,110 mg, CHOLESTEROL: 152 mg</p>

NOTE: Clean Eating shopping lists include all the items you'll need to prepare 70 meals for one adult. Simply double up if you're meal prepping for two! At the end of Week One, take a quick inventory, as you may have a little less (or more) leftover for Week Two.

EVOO = extra-virgin olive oil

MEAL PLAN

MEAL PLAN: WEEK 1

WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>Creamy Cantaloupe: Mix 1 cup each cottage cheese and peeled and cubed cantaloupe</p>	<p>1 egg, hardboiled</p> <p>2 cups peeled and cubed cantaloupe</p>	<p>Strawberry Peach Smoothie: Blend 5 frozen strawberries, 1 peach, pitted and cubed, 1 cup milk, ¼ cup protein powder and 1 tbsp flaxseeds with ice</p>	<p>1 English muffin, toasted; top with 2 tbsp mashed avocado</p> <p>1 egg, scrambled</p> <p>1 cup strawberries</p>	<p>Banana Crunch Cereal: Mix 1 banana, sliced, 1 cup cereal and 1 tbsp flaxseeds with ¾ cup milk</p> 
<p>1 bar</p> 	<p>Peach & Honey Crunch: Mix 1 peach, pitted and chopped, ¾ cup Greek yogurt, ¼ cup cereal and 1 tsp honey</p>	<p>Mix 1 cup peeled and cubed cantaloupe with ½ cup cottage cheese</p>	<p>Honey Swirl Yogurt: Mix ½ cup Greek yogurt with 1 tsp honey</p> <p>2 rice cakes</p>	<p>1 cup sliced zucchini with ¼ cup hummus</p>
<p>Tuna Wrap B</p> <p>1 cup grapes</p> 	<p>Turkey Sandwich: In 1 sandwich flat, add 1 serving Creamy Guacamole (leftovers, p. 86), 3 oz turkey, ½ oz cheddar, 1 slice tomato and ¼ cup mixed greens</p> <p>1 carrot, peeled and sliced, 2 rice cakes with 2 tbsp hummus; 1 cup grapes</p>	<p>Lemon Chicken Salad: Combine 3 cups mixed greens, 1 oz feta, ¼ cup each chopped tomatoes and cucumber, 1 tbsp chopped red onion, 3 tbsp red wine vinegar and 1 tsp EVOO; top with Lemon Chicken (leftovers) and 1 tbsp flaxseeds; 12 crackers</p>	<p>1 serving Honey Mustard Beef Burgers with Sweet Potato Tots (leftovers, p. 86)</p> <p>1 cup grapes</p> 	<p>1 serving Chimichurri Chicken Pitas with Oven-Roasted Tomatoes (see recipe, p. 79)</p>
<p>1 oz bean chips with 1 serving Creamy Guacamole (leftovers, p. 86)</p>	<p>1 oz bean chips with 1 serving Creamy Guacamole (leftovers, p. 86)</p>	<p>1 cup strawberries</p> <p>1 bar</p> 	<p>2 carrots, peeled and sliced, with ¼ cup hummus</p> 	<p>Strawberry Avocado Smoothie: Blend 5 frozen strawberries, ¼ avocado, peeled and pitted, 1 cup milk and ¼ cup protein powder with ice</p>
<p>1 serving Fennel Pork Burgers with Ratatouille Relish (see recipe, p. 79) and 1 serving Spicy Jicama Slaw (see recipe, p. 59)</p> 	<p>Lemon Chicken: Top each of 2 5-oz chicken breasts with 1 tsp lemon juice and pinch salt and black pepper; bake, then top each with 1 tbsp chopped cilantro (eat 5 oz; save leftovers)</p> <p>Cucumber Salad C</p> <p>¾ cup cooked quinoa</p>	<p>1 serving Honey Mustard Beef Burgers with Sweet Potato Tots (see recipe, p. 86; save leftovers)</p> <p>Cucumber Salad C</p>	<p>Italian Cod: Top 5 oz cod with 1 clove garlic, minced, ¼ cup chopped tomatoes, 2 tsp lemon juice, ½ tsp each olive oil and oregano, pinch salt and black pepper, bake; 1 cup cooked quinoa</p> <p>Toss 1 cup sliced zucchini with ½ tsp olive oil and pinch salt and black pepper; bake</p>	<p>Savory Pork Chop: Season 4 oz pork chop with ⅛ tsp garlic powder and pinch black pepper; grill</p> <p>1 sweet potato, baked; top with 2 tbsp mashed avocado</p> <p>Cucumber Salad C</p>
<p>CALORIES: 1,252, FAT: 33 g, SAT. FAT: 8 g, CARBS: 143 g, FIBER: 23 g, SUGARS: 70 g, PROTEIN: 99 g, SODIUM: 2,111 mg, CHOLESTEROL: 166 mg</p>	<p>CALORIES: 1,789, FAT: 54 g, SAT. FAT: 8 g, CARBS: 237 g, FIBER: 35 g, SUGARS: 99 g, PROTEIN: 112 g, SODIUM: 1,870 mg, CHOLESTEROL: 356 mg</p>	<p>CALORIES: 1,553, FAT: 48 g, SAT. FAT: 14 g, CARBS: 163 g, FIBER: 32 g, SUGARS: 68 g, PROTEIN: 127 g, SODIUM: 2,103 mg, CHOLESTEROL: 196 mg</p>	<p>CALORIES: 1,643, FAT: 39 g, SAT. FAT: 7 g, CARBS: 234 g, FIBER: 37 g, SUGARS: 74 g, PROTEIN: 105 g, SODIUM: 1,565 mg, CHOLESTEROL: 363 mg</p>	<p>CALORIES: 1,440, FAT: 37 g, SAT. FAT: 8 g, CARBS: 185 g, FIBER: 45 g, SUGARS: 40 g, PROTEIN: 103 g, SODIUM: 2,134 mg, CHOLESTEROL: 249 mg</p>

Black Beans: Mix 1 cup black beans and ¼ cup minced red onion

Tuna Wrap: Mix 1 serving Creamy Guacamole (leftovers, p. 86), 3 oz tuna, 2 tbsp peeled chopped carrot, 1 tbsp each chopped red onion and lemon juice and pinch oregano; arrange in 1 tortilla with 5 slices cucumber, ½ oz cheddar and ¼ cup mixed greens

Cucumber Salad: Mix 1½ cups sliced cucumber, 2 tbsp each chopped red onion and feta, 1 tbsp red wine vinegar, 1 tsp EVOO and ½ tsp oregano

SHOPPING LIST: WEEK 2

PROTEINS & DAIRY

- 1 6-oz log reduced-fat goat cheese
- 1 qt reduced-fat (1% or 2%) milk or unsweetened rice, almond or soy milk
- 1 17.6-oz plus 1 7-oz container reduced-fat (1% or 2%) plain Greek yogurt **(TRY:** FAGE Total 2%)
- 1 6-count pkg all-natural mild or spicy Italian chicken or turkey sausages (3- to 4-oz each)
- 1 all-natural veggie burger patty **(TRY:** Amy's California Veggie Burger)

VEGGIES & FRUITS

- 1 avocado
- 2 bananas
- 1 pint blackberries
- 2 lemons
- 4 nectarines
- 1 pint fresh strawberries **(NOTE:** Freeze 5 whole strawberries.)
- 1 small watermelon
- 1 large bunch fresh basil
- 1 bunch fresh mint
- 2 12-oz bags mixed greens
- 1 large bunch kale
- 1 6-oz bag spinach
- 4 oz green beans
- 4 small golden beets
- 8 oz sunchoke (aka Jerusalem artichokes)

- 1 cucumber
- 9 oz cremini mushrooms
- 3 portobello mushrooms
- 2 small yellow onions
- 1 red onion
- 2 red bell peppers
- 1 green bell pepper
- 1 sweet potato
- 1 vine tomato
- 3 sprigs fresh sage
- 1 lb baby red skin potatoes
- 2 Gala apples
- 8 dried figs
- 1 small head garlic

WHOLE GRAINS

- 4 whole-grain sausage rolls or whole-grain hamburger buns
- 1 8-oz pkg whole-grain fettuccine

EXTRAS


- 1 small container hummus
- 1 bottle pure maple syrup
- 1 15-oz BPA-free can unsalted pinto beans
- 1 28-oz jar or box unsalted diced tomatoes
- 1 jar all-natural reduced-sodium salsa
- 1 tube unsalted tomato paste
- 1 3-oz pouch wild albacore tuna **(TRY:** Wild Planet Wild Albacore Tuna)

WHAT ELSE DO YOU NEED?

NOTE: Clean Eating shopping lists include all the items you'll need to prepare 70 meals for one adult. Simply double up if you're meal prepping for two! At the end of Week Two, freeze any unused items for future use.









MEAL PLAN: WEEK 2

	MONDAY	TUESDAY
BREAKFAST	Berry Almond Breakfast Muffin: Top 1 English muffin with 2 tbsp almond butter and 6 blackberries, mashed	Nectarine Crunch Cereal: Mix 1 nectarine, pitted and sliced, 1 cup cereal and 1 tbsp flaxseeds with $\frac{3}{4}$ cup milk
SNACK	1 bar 	12 crackers with 1 oz cheddar 
LUNCH	In 1 sandwich flat, add 1 tsp mustard, 3 oz turkey, 1 oz cheddar, 6 slices cucumber, 1 slice tomato and $\frac{1}{4}$ cup mixed greens 1 carrot, peeled and sliced, with 2 tbsp hummus; 1 cup peeled and cubed watermelon	1 serving Golden Beet & Quinoa Salad with Baked Goat Cheese (leftovers, p. 87) $\frac{3}{4}$ cup blackberries 
SNACK	Nectarine Yogurt: Mix 1 cup Greek yogurt with 1 nectarine, pitted and cubed	1 rice cake 1 cup peeled and cubed watermelon
DINNER	1 serving Golden Beet & Quinoa Salad with Baked Goat Cheese (see recipe, p. 87; save leftovers) 	Mexican-Style Cod A Cucumber Salad: Mix $\frac{1}{2}$ cups sliced cucumber, 2 tbsp each chopped red onion and feta, 1 tbsp red wine vinegar, 1 tsp EVOO and $\frac{1}{2}$ tsp oregano; serve with $\frac{1}{2}$ cup pinto beans and 2 tbsp chopped yellow onion, heated
TOTAL NUTRIENTS	CALORIES: 1,415, FAT: 46 g, SAT. FAT: 7 g, CARBS: 183 g, FIBER: 30 g, SUGARS: 62 g, PROTEIN: 84 g, SODIUM: 2,180 mg, CHOLESTEROL: 71 mg	CALORIES: 1,746, FAT: 50 g, SAT. FAT: 11 g, CARBS: 250 g, FIBER: 49 g, SUGARS: 49 g, PROTEIN: 102 g, SODIUM: 1,402 mg, CHOLESTEROL: 92 mg

EVOO = extra-virgin olive oil

MEAL PLAN

MEAL PLAN: WEEK 2

WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>Green Berry Smoothie: Blend 5 frozen strawberries, ½ banana (freeze remaining ½), ¼ avocado, peeled and chopped, 1 cup milk, ½ cup kale and ¼ cup protein powder with ice</p>	<p>Banana Chill Crunch: Mix 4 walnuts, chopped, ½ frozen banana, sliced, 1 cup Greek yogurt, ½ cup sliced strawberries and ¼ cup cereal</p>	<p>Watermelon Mint Smoothie: Blend 1 cup peeled and cubed watermelon, 10 mint leaves, 1 cup milk and ¼ cup protein powder with ice</p>	<p>Honey Almond Breakfast Muffin: Top 1 English muffin, toasted, with 2 tbsp almond butter and 1 tsp honey</p>	<p>Banana Honey Yogurt: Mix 1 banana, sliced, 1 cup Greek yogurt, 1 tbsp almond butter and 1 tsp honey</p> 
<p>1 egg, hardboiled</p> <p>12 crackers</p>	<p>1 bar</p> 	<p>1 cup grapes</p> <p>14 walnuts</p> 	<p>1 nectarine</p>	<p>2 rice cakes with 2 tbsp hummus</p>
<p>1 serving Maple Sausage Potato Salad with Apples & Sage (see recipe, p. 41)</p> 	<p>Turkey & Goat Cheese Sandwich: In 1 sandwich flat, toasted, arrange 3 oz turkey, 1 oz goat cheese, 1 thick slice tomato and 4 basil leaves; drizzle with ½ tsp each balsamic vinegar and EVOO</p> <p>1 oz bean chips</p>	<p>Veggie Burger: In 1 English muffin, toasted, arrange 1 veggie burger patty, baked, 1 slice each avocado, tomato and red onion, ¼ cup mixed greens and 1 tbsp hummus</p> <p>1 nectarine</p> <p>1 oz cheddar</p>	<p>1 serving Sausage & Pepper Heroes with Sautéed Kale (leftovers, p. 87)</p> <p>1 cup grapes</p> 	<p>Tuna Salad: Mix 3 oz tuna, 2 cups spinach, ¼ cup each chopped carrot, cucumber and grapes, 2 tbsp each minced basil, mint, feta and red wine vinegar, 1 tsp EVOO and ¼ tsp black pepper</p> <p>½ cup grapes</p>
<p>1 cup peeled and cubed watermelon</p> <p>1 oz cheddar</p> 	<p>Pizza Muffin: Top 1 English muffin, toasted, with ¼ cup salsa, 2 tbsp shredded cheddar, 3 basil leaves, sliced, and ½ tsp oregano (if desired, bake to melt cheese).</p>	<p>10 slices red bell pepper</p> <p>1 oz goat cheese</p>	<p>1 oz bean chips with ¼ cup salsa</p> <p>1 oz cheddar</p>	<p>1 grilled portobello mushroom (leftovers)</p> <p>12 crackers</p>
<p>Spicy Lemon Chicken B</p> <p>Steamed Beans: Toss 1 cup chopped green beans, steamed, with 2 tsp red wine vinegar, ½ tsp EVOO, ¼ tsp black pepper and pinch red pepper flakes</p> <p>1 sweet potato, baked; top with 2 tbsp feta</p>	<p>Dijon Pork: Top 4 oz pork chop with ½ tsp mustard, ¼ tsp oregano and pinch black pepper; grill</p> <p>Mushroom & Quinoa Toss: Mix 1 cup sliced cremini mushrooms, sautéed, 1 cup cooked quinoa, ½ tsp balsamic vinegar and pinch black pepper</p>	<p>1 serving Sausage & Pepper Heroes with Sautéed Kale (see recipe, p. 87; save leftovers)</p> 	<p>Grilled Mushrooms: 2 portobello mushrooms, grilled; top each with 2 tbsp feta (grill 3 mushrooms total; reserve 1 for Sunday)</p> <p>Sautéed Spinach: Sauté 2 cups spinach and 1 clove garlic, minced, in 1 tsp olive oil</p> <p>Nutty Quinoa C</p>	<p>1 serving Fettuccine with Mint Pesto, Figs & Feta (see recipe, p. 66)</p> 
<p>CALORIES: 1,218, FAT: 38 g, SAT. FAT: 12 g, CARBS: 123 g, FIBER: 23 g, SUGARS: 43 g, PROTEIN: 102 g, SODIUM: 1,523 mg, CHOLESTEROL: 289 mg</p>	<p>CALORIES: 1,607, FAT: 45 g, SAT. FAT: 9 g, CARBS: 188 g, FIBER: 30 g, SUGARS: 41 g, PROTEIN: 117 g, SODIUM: 1,572 mg, CHOLESTEROL: 173 mg</p>	<p>CALORIES: 1,407, FAT: 54 g, SAT. FAT: 13 g, CARBS: 157 g, FIBER: 28 g, SUGARS: 59 g, PROTEIN: 92 g, SODIUM: 2,214 mg, CHOLESTEROL: 79 mg</p>	<p>CALORIES: 1,558, FAT: 58 g, SAT. FAT: 10 g, CARBS: 210 g, FIBER: 35 g, SUGARS: 69 g, PROTEIN: 72 g, SODIUM: 2,411 mg, CHOLESTEROL: 66 mg</p>	<p>CALORIES: 1,320, FAT: 41 g, SAT. FAT: 9 g, CARBS: 182 g, FIBER: 25 g, SUGARS: 65 g, PROTEIN: 74.5 g, SODIUM: 1,470 mg, CHOLESTEROL: 59 mg</p>

Mexican-Style Cod: Top 5 oz cod with 1 clove garlic, minced, ¼ cup salsa and ½ tsp oregano; bake, then top with ¼ avocado, peeled, pitted and chopped

Spicy Lemon Chicken: Top 5 oz chicken breast with 1 tbsp lemon juice, ½ tsp oregano and pinch red pepper flakes; bake

Nutty Quinoa: Mix 1 cup cooked quinoa and 4 walnuts, chopped