

Week 1 Shopping List

Proteins & Dairy

- 1 cup reduced-fat cheese
- 1½ cups low-fat, cottage cheese
- 2 tbsp reduced-fat feta cheese
- 1 low-fat string cheese
- 2 oz chicken breast or firm tofu
- 3 oz cooked chicken breast
- 1¼ cups chickpeas
- 5 oz cod
- 22 eggs
- 3 oz lean fresh deli ham
- ½ gallon low-fat milk (skim or unsweetened soy, almond or rice milk)
- 1 oz part-skim mozzarella
- 9 oz wild-caught salmon
- 4 pieces salmon sushi
- 6 pieces assorted sashimi
- 1 can low-sodium lentil soup
- 1 4-oz can tuna packed in water
- 3 fresh deli turkey slices or vegetarian turkey slices
- 6 oz container plain, low-fat yogurt or soy yogurt
- 11 oz nonfat Greek yogurt

Veggies/Fruits

- 2 apples
- 3 avocados
- 3 bananas
- 2 cups green beans
- 1½ cups blackberries
- 1 cup broccoli florets
- 1 head green cabbage
- 2 cantaloupes
- 1 large bag baby carrots
- ½ cup celery
- 1 cucumber
- 1½ cup edamame
- 30 grapes
- 3 cups salad greens
- 1 jicama
- 1 head romaine lettuce
- 1 small bag frozen mango
- 15 mint leaves
- 1 small container mushrooms of choice
- 1 large onion
- 2 medium oranges
- ¾ cup roasted red peppers

- 1 medium Yukon Gold potato
- ½ cup raspberries
- 1 bunch fresh spinach
- 1 bag frozen strawberries
- 2 large tomatoes
- 25 grape tomatoes
- 1 cup spinach or watercress or salad greens

Whole Grains

- 1 box whole-grain crackers
- 1 pkg Ryvita Crispbreads
- 1 box Kashi TLC granola bars
- 1 bag whole-wheat English muffins
- 1 pkg oatmeal
- 1 box whole-wheat penne
- 1 pkg whole-wheat pita
- 1 box or bag wild rice
- 1 pkg natural rice cakes
- 1 loaf speltz toast
- 1 pkg whole-wheat flax tortillas
- 1 box shredded wheat

Nuts/Seeds/Oils

- 1 bag unsalted almonds
- 1 jar unsalted almond butter
- 1 jar natural, unsalted peanut butter
- Ground flaxseeds
- 1 bottle extra-virgin olive oil
- 1 tbsp pumpkin seeds
- 8 walnuts

Extras

- Agave nectar
- 10 pieces dried apricots
- 1 can/jar artichokes in water
- 1 container hummus
- 1 jar Dijon mustard
- Paprika
- Ground black pepper
- 1 small container 70% cacao powder
- 1 small container chocolate protein powder
- Sea salt
- 1 bottle sesame sauce
- 1 jar low-fat tomato sauce
- 1 can miso soup
- 1 bottle balsamic vinegar
- 1 small bottle red wine vinegar



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Avocado Egg Salad

Serves 4. Hands-on time: 15 minutes. **Total time:** 15 minutes.

INGREDIENTS:

- 10 hard-boiled egg whites, diced
- ⅓ cup onions, diced
- ½ cup celery, diced
- 8 tbsp avocado, mashed
- 1 tbsp Dijon mustard
- 1 tsp paprika
- ½ tsp ground black pepper
- Pinch sea salt (optional)

INSTRUCTIONS:

In a bowl, combine eggs, onions, celery, avocado and mustard. Stir until well mixed. Add paprika, pepper and salt; stir to combine. Leftovers can be stored in refrigerator for 2 to 3 days; don't freeze.

Try: Serve on a bed of romaine lettuce with sliced grape tomatoes.

Nutrients per ½-cup serving: Calories: 100, Total Fat: 4.5 g, Sat. Fat: 1 g, Carbs: 6 g, Fiber: 3 g, Sugars: 2 g, Protein: 10 g, Sodium: 300 mg, Cholesterol: 0 mg

Clean Eating shopping lists include all of the items you'll need to prepare 70 meals for one adult. This initial list will provide a foundation for both the fridge and pantry over the next two weeks. As you approach week two, take a quick kitchen inventory. You may have a little less or a little more left over depending on what your family members scavenge.

M TOTAL NUTRIENTS Calories: **1,569**, Fat: **50 g**, Sat. Fat: **8 g**, Carbs: **157 g**, Fiber: **27 g**, Sugars: **62 g**, Protein: **129 g**, Sodium: **1,440 mg**, Cholesterol: **159 mg**

BREAKFAST	SNACK 1	LUNCH	SNACK 2	DINNER
1 cup low-fat cottage cheese with ½ cup cubed mango, ½ cup sliced strawberries	20 unsalted almonds	Turkey Sandwich: 1 toasted whole-wheat English muffin with 3 fresh deli turkey slices or vegetarian turkey slices, 2 medium slices tomato, 1 tsp hummus; 15 baby carrots	5 oz nonfat Greek yogurt with 5 strawberries, 5 walnuts	5 oz broiled salmon (cook 9 oz salmon and save some for tomorrow) 1½ cups steamed green beans 1 cup wild rice (cook 1½ cups and save some for tomorrow)

T TOTAL NUTRIENTS Calories: **1,619**, Fat: **52 g**, Sat. Fat: **10 g**, Carbs: **213 g**, Fiber: **26 g**, Sugars: **62 g**, Protein: **94 g**, Sodium: **1,487 mg**, Cholesterol: **128 mg**

BREAKFAST	SNACK 1	LUNCH	SNACK 2	DINNER
½ cup oatmeal with ¾ cup low-fat milk [A], 1 cubed apple, 5 broken-up walnut halves	6 oz plain, low-fat yogurt or soy yogurt with 10 grapes	4 oz broiled salmon and ½ cup wild rice (leftovers) Spinach Salad: 1½ cups spinach with 2 tsp extra-virgin olive oil, 2 tbsp red wine vinegar	1 oz whole-grain crackers with 1 tbsp unsalted almond butter	Chicken & Broccoli Pasta: 2 oz whole-wheat penne with 2 oz cubed baked chicken or firm tofu, 1 cup steamed broccoli florets, 1 oz part-skim mozzarella, ½ cup low-fat tomato sauce

W TOTAL NUTRIENTS Calories: **1,486**, Fat: **32 g**, Sat. Fat: **8 g**, Carbs: **191 g**, Fiber: **36 g**, Sugars: **72 g**, Protein: **109 g**, Sodium: **2,310 mg**, Cholesterol: **24 mg**

BREAKFAST	SNACK 1	LUNCH	SNACK 2	DINNER
1 cup shredded wheat with ¾ cup low-fat milk [A], 1 medium banana	½ cup low-fat cottage cheese	Egg Salad Wrap: 1 serving Avocado Egg Salad (see recipe, p. 68; save some for tomorrow) with 2 slices tomato, 1 lettuce leaf, 1 whole-wheat flax tortilla; 20 grapes	1 cup jicama slices with 4 tbsp hummus	Roasted Red Pepper & Mushroom Omelet: 6 egg whites with 1 tbsp diced onions, 2 sliced mushrooms, ¼ cup chopped roasted red peppers, 1 oz reduced-fat cheese; 2 slices spelt toast

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BREAKFAST	SNACK 1	LUNCH	SNACK 2	DINNER
1 toasted whole-wheat English muffin with 1½ tbsp unsalted almond butter, 1 tsp agave nectar	1 apple; 1 low-fat string cheese	Mixed Salad: 1 serving Avocado Egg Salad (leftovers), 3 cups romaine lettuce, 10 grape tomatoes, 1 tsp extra-virgin olive oil, 2 tbsp balsamic vinegar; 1 medium orange	1 cup low-sodium lentil soup with 1 Ryvita Crispbread	Artichoke & Pepper Tortilla: 1 whole-wheat flax tortilla, ½ cup artichokes, ½ cup roasted red peppers, ¼ cup reduced-fat cheese 10 green beans, ¼ cup chickpeas, 1 tsp slivered almonds

F TOTAL NUTRIENTS Calories: **1,528**, Fat: **46 g**, Sat. Fat: **9 g**, Carbs: **230 g**, Fiber: **47 g**, Sugars: **93 g**, Protein: **97 g**, Sodium: **2,469 mg**, Cholesterol: **64 mg**

BREAKFAST	SNACK 1	LUNCH	SNACK 2	DINNER
½ cup oatmeal with ¾ cup low-fat milk [A], ½ cup each raspberries and blackberries	1 cup low-fat milk [A]; 10 almonds	Veggie Sandwich: 2 slices spelt toast, 1 oz reduced-fat cheese, ½ avocado (sliced or mashed), ½ tomato (sliced); 1 cup cantaloupe	5 oz nonfat Greek yogurt with 10 dried apricots	Protein Salad: 2 cups spinach with 3 oz lean fresh deli ham, 2 hard-boiled egg whites, ½ cup chickpeas, 5 grape tomatoes, 8 cucumber slices, 1 tbsp pumpkin seeds; 1 whole-wheat pita

S TOTAL NUTRIENTS Calories: **1,709**, Fat: **48 g**, Sat. Fat: **13 g**, Carbs: **194 g**, Fiber: **29 g**, Sugars: **64 g**, Protein: **141 g**, Sodium: **2,513 mg**, Cholesterol: **204 mg**

BREAKFAST	SNACK 1	LUNCH	SNACK 2	DINNER
Greek Breakfast Sandwich: 1 toasted whole-wheat English muffin with 4 scrambled egg whites, 2 tbsp reduced-fat feta cheese, 1 slice tomato; 1 cup cantaloupe	1 Kashi TLC granola bar; 1 cup low-fat milk [A]	Chicken Pita: 3 oz diced cooked chicken breast, 1 slice reduced-fat cheese, 1 cup coleslaw (shredded green cabbage and carrots) in 1 whole-wheat pita; 1 cup strawberries	1 serving No-Guilt Double Chocolate Mint Shake (see recipe, p. 72)	Japanese Dinner: 1 cup miso soup, ½ cup edamame, Goma-Ae (1 cup spinach or watercress with sesame sauce) or green salad, 4 pieces salmon sushi, 6 pieces assorted sashimi

S TOTAL NUTRIENTS Calories: **1,831**, Fat: **58 g**, Sat. Fat: **12 g**, Carbs: **213 g**, Fiber: **44 g**, Sugars: **75 g**, Protein: **131 g**, Sodium: **2,214 mg**, Cholesterol: **167 mg**

BREAKFAST	SNACK 1	LUNCH	SNACK 2	DINNER
Protein Shake: 8 oz low-fat milk [A], 1 scoop protein powder, 1 small banana, 5 frozen strawberries	2 natural rice cakes with 1 tbsp natural, unsalted peanut butter; ½ banana	Tuna Salad: 4 oz canned tuna, 3 cups salad greens, ½ cup chickpeas, 5 chopped baby carrots, 10 grape tomatoes; 1 cup blackberries	1 cup cooked edamame	5 oz baked cod with 1 tbsp orange juice; 1 cup sautéed spinach; 1 baked medium Yukon Gold potato with 2 tbsp nonfat Greek yogurt; 1 cup cantaloupe

[A] Skim or unsweetened soy, almond or rice milk. It's your choice.

[A] Skim or unsweetened soy, almond or rice milk. It's your choice.

[B] Spicy Apple Vinaigrette
INGREDIENTS:

- ½ cup walnut oil
- ¼ cup apple cider vinegar
- 1 Gala apple, peeled, cored and diced
- Pinch paprika
- Pinch cinnamon
- Sea salt and ground black pepper, to taste

INSTRUCTIONS:
Add all ingredients to a blender and purée until smooth.

M	TOTAL NUTRIENTS Calories: 1,548 , Fat: 34 g , Sat. Fat: 8 g , Carbs: 227 g , Fiber: 49 g , Sugars: 71 g , Protein: 98 g , Sodium: 1,395 mg , Cholesterol: 89 mg				
BREAKFAST		SNACK 1	LUNCH	SNACK 2	DINNER
½ cup oatmeal with ¾ cup low-fat milk [A], 2 tbsp pumpkin seeds, 1 chopped pear		1 cup plain, low-fat yogurt with 1 cup raspberries	1 veggie burger patty with 1 oz reduced-fat cheese, 1 slice onion, 1 slice tomato, 1 lettuce leaf, 2 slices multigrain bread; 15 grapes	2 Ryvita Crispbreads with 2 tbsp mashed avocado, 1 sliced plum tomato	4 oz boneless, skinless baked chicken breast with 5 sliced dried apricots; 2 cups steamed green beans; 1 cup wild rice (cook 3 cups and save some for later this week)

T	TOTAL NUTRIENTS Calories: 1,577 , Fat: 63 g , Sat. Fat: 13 g , Carbs: 177 g , Fiber: 47 g , Sugars: 46 g , Protein: 102 g , Sodium: 2,214 mg , Cholesterol: 152 mg				
BREAKFAST		SNACK 1	LUNCH	SNACK 2	DINNER
1 cup nonfat Greek yogurt with ½ cup Fiber One Cereal, 1 cup raspberries, 5 walnuts		1 hard-boiled egg; 1 oz whole-grain crackers	4 oz cooked turkey burger or veggie burger, 1 oz reduced-fat cheese, 1 thin slice avocado, 1 slice onion, 1 lettuce leaf, 1 slice tomato, 1 medium whole-wheat roll	20 unsalted peanuts	4 oz grilled pork chop, fat trimmed; 1 serving Italian Artichoke & Leek Salad (see recipe, p. 72; save some for tomorrow); 1 medium sweet potato

W	TOTAL NUTRIENTS Calories: 1,587 , Fat: 45 g , Sat. Fat: 8 g , Carbs: 213 g , Fiber: 41 g , Sugars: 57 g , Protein: 85 g , Sodium: 1,610 mg , Cholesterol: 92 mg				
BREAKFAST		SNACK 1	LUNCH	SNACK 2	DINNER
1 cup Nature’s Path Heritage Flakes with 15 grapes, ¾ cup low-fat milk [A]		15 almonds; 1 large sliced kiwi	Chicken Salad: 2 servings Italian Artichoke & Leek Salad (leftovers) with 4 oz chopped cooked chicken breast; 1 slice multigrain bread	2 wedges Laughing Cow Light cheese; 15 grapes	1 serving Chicken & Vegetable Stew (see recipe, p. 71; save some for tomorrow) with 1½ cups pearly barley (cook 3½ cups and save some for later this week)

T	TOTAL NUTRIENTS Calories: 1,669 , Fat: 48 g , Sat. Fat: 9 g , Carbs: 244 g , Fiber: 43 g , Sugars: 66 g , Protein: 131 g , Sodium: 2,105 mg , Cholesterol: 43 mg				
BREAKFAST		SNACK 1	LUNCH	SNACK 2	DINNER
2 Kashi GoLean waffles with 2 tbsp natural, unsalted peanut butter; 1 cup low-fat milk [A]		½ cup low-fat cottage cheese with 1 cup sliced strawberries	1 serving Chicken & Vegetable Stew (leftovers) with 1 cup wild rice (leftovers) 10 baby carrots	1 Kashi TLC granola bar; 10 grapes	Tofu Barley: 5 oz cubed firm tofu, 2 tsp olive oil, 1 cup steamed broccoli, 1 cup steamed pearly barley (leftovers), 1 tbsp low-sodium soy sauce; ¾ cup cubed pineapple

F	TOTAL NUTRIENTS Calories: 1,731 , Fat: 51 g , Sat. Fat: 12 g , Carbs: 191 g , Fiber: 26 g , Sugars: 63 g , Protein: 136 g , Sodium: 2,115 mg , Cholesterol: 187 mg				
BREAKFAST		SNACK 1	LUNCH	SNACK 2	DINNER
1 cup low-fat cottage cheese with 1 cup cubed pineapple; 1 Ryvita Crispbread		1 medium banana with 1½ tbsp natural, unsalted peanut butter	Fruit-Infused Chicken Salad: 3 cups spinach, 3 oz boneless, skinless grilled chicken breast, 1 wedge Laughing Cow Light cheese, ½ cup sliced strawberries, 8 walnut halves, 2 tbsp vinaigrette [B]	1 oz whole-grain crackers; 1 low-fat string cheese	5 oz broiled salmon 2 cups coleslaw (shredded green cabbage and carrots) with 10 unsalted peanuts 1 cup pearly barley (leftovers)

S	TOTAL NUTRIENTS Calories: 1,566 , Fat: 32 g , Sat. Fat: 4 g , Carbs: 245 g , Fiber: 54 g , Sugars: 101 g , Protein: 94 g , Sodium: 1,998 mg , Cholesterol: 77 mg				
BREAKFAST		SNACK 1	LUNCH	SNACK 2	DINNER
2 natural rice cakes with 2 tbsp natural, unsalted peanut butter, 2 tsp agave nectar; 12 oz low-fat milk [A]		1 cup strawberries	1 cup Amy’s organic chili; 2 cups romaine lettuce with ½ cubed avocado, 1 sliced orange; 1 whole-wheat flax tortilla	12 oz low-fat peach kefir	BBQ Chicken Sandwich: 4 oz boneless, skinless grilled chicken breast with 3 tbsp low-sugar BBQ sauce, 1 medium whole-wheat roll; 1 cup steamed green beans

S	TOTAL NUTRIENTS Calories: 1,621 , Fat: 55 g , Sat. Fat: 10 g , Carbs: 182 g , Fiber: 33 g , Sugars: 48 g , Protein: 117 g , Sodium: 2,271 mg , Cholesterol: 116 mg				
BREAKFAST		SNACK 1	LUNCH	SNACK 2	DINNER
4 scrambled egg whites; 2 slices multi-grain toast; 2 veggie sausage links		1 grapefruit	Tuna Sandwich: 4 oz canned tuna with 1 tbsp hummus, lettuce leaf, 1 slice tomato, 1 slice onion, 2 slices multigrain bread; 15 grapes	¾ cup Kashi GoLean cereal with ½ cup low-fat milk [A]	4 oz boneless, skinless grilled chicken breast with ¾ cup sautéed mushrooms and 1 cup wild rice (leftovers); 1 serving Italian Artichoke & Leek Salad (see recipe, p. 72)

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Week 2 Shopping List

Proteins & Dairy

- 1 12-oz can white beans
- 1 can low-sodium chicken broth
- 4 oz cooked turkey burger (93% lean) or veggie burger
- 1 veggie burger patty
- 2 oz reduced-fat cheese
- 1½ cup low-fat cottage cheese
- 1 low-fat string cheese
- 1 pkg Laughing Cow Light cheese wedges
- 2¼ lb boneless, skinless chicken breast
- 1 can Amy's organic chili
- 5 eggs
- 12 oz low-fat peach kefir
- ½ gallon low-fat milk (skim or unsweetened soy, almond or rice milk)
- 4 oz pork chop
- 5 oz wild-caught salmon
- 2 veggie sausage links
- 5 oz firm tofu
- 1 4-oz can tuna packed in water
- 1 cup plain, low-fat yogurt
- 1 cup nonfat Greek yogurt

Veggies/Fruits

- 1 Gala apple
- 2 avocados
- 1 medium banana
- 3 cups green beans
- 1 cup broccoli
- 1 head green cabbage
- 1 small bunch carrots
- 1 stalk celery
- 1 head garlic
- 1 grapefruit
- 70 grapes
- 1 large kiwi
- 2 bunches leeks
- 2 lemons
- 1 head romaine lettuce
- 2 medium onions
- 1 orange
- 1 parsnip

- 1 pear
- 1 pineapple
- 1 medium sweet potato
- 2 cups raspberries
- 1 small bunch spinach
- 1 bag frozen strawberries
- 1 large tomato
- 1 plum tomato

Whole Grains

- 1 box/bag pearly barley
- 1 loaf multigrain bread
- 1 box Fiber One Cereal
- 1 box Kashi GoLean cereal
- 1 box Nature's Path Heritage Flakes
- 1 small bag whole-wheat flour
- 2 medium whole-wheat rolls
- 1 box Kashi GoLean waffles

Nuts/Seeds/Oils

- 1 small bottle walnut oil
- 30 unsalted peanuts
- 2 oz toasted pine nuts
- 2 tbsp pumpkin seeds
- 10 walnuts

Extras

- 5 dried apricots
- 2 cans/jars artichokes in water
- 2 bay leaves
- Cinnamon
- Oregano
- 1 can/jar pineapple juice
- Dried parsley
- 1 small bottle low-sugar BBQ sauce
- 1 small bottle low-sodium soy sauce
- 1 small container apple cider vinegar
- 1 small bottle white wine vinegar
- Thyme

Chicken & Vegetable Stew

Serves 6. Hands-on time: 25 minutes. Total time: 50 minutes.

INGREDIENTS:

- 1 lb boneless, skinless chicken breast
- 2 tbsp whole-wheat flour
- 1 tsp ground black pepper
- ½ tsp dried parsley
- ¼ tsp thyme
- 1 tbsp extra-virgin olive oil
- 2 to 3 cloves garlic, minced
- 1 medium onion, chopped
- 1 stalk celery, diced
- 1 cup low-sodium chicken broth
- ½ cup pineapple juice
- 1 cup carrots, chopped
- 1 12-oz can white beans, drained and rinsed
- 1 parsnip, cubed
- 2 bay leaves

INSTRUCTIONS:

ONE Cut chicken into bite-sized cubes. In a bowl, combine flour, pepper, parsley and thyme; then dredge chicken cubes in mixture.

TWO Heat oil in a large pot on medium high. Add garlic, onion, celery and chicken cubes and quickly sauté ingredients for 4 to 5 minutes. Turn heat down to medium and pour in broth and pineapple juice. Toss in carrots, beans, parsnip and bay leaves and stir to combine. Cover and simmer on medium high until carrots and parsnips are soft, about 20 minutes. Uncover and cook for 5 minutes. Remove bay leaves and serve. Store leftovers in refrigerator, covered, for 3 to 4 days or in the freezer for 2 to 3 months.

Nutrients per 1½-cup serving:

Calories: 190, Total Fat: 5 g, Sat. Fat: 1 g, Carbs: 18 g, Fiber: 4 g, Sugars: 6 g, Protein: 19 g, Sodium: 85 mg, Cholesterol: 40 mg