



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

- 1 1-lb bag dried red beans
- 1 16-oz container 1% cottage cheese
- 1 pkg shredded reduced-fat Mexican cheese blend
- 1 container grated Parmesan cheese
- 1 8-oz container low-fat ricotta cheese
- 1 8-oz pkg low-fat string cheese
- 5 oz boneless, skinless chicken breast
- 1 dozen eggs
- ¼ lb sliced low-sodium uncured lean ham
- 1 pint low-fat buttermilk
- 1 pint low-fat milk (skim or unsweetened rice, almond or soy milk)
- 1½ gallons unsweetened plain soy milk
- 1 container vanilla protein powder
- 3 oz wild-caught salmon
- 1 pint low-fat sour cream
- 2 4-oz lean steaks
- 2 4-oz tilapia fillets
- 8 oz extra-firm tofu
- ½ lb sliced deli-fresh low-sodium turkey breast
- 2 16-oz containers nonfat plain Greek-style yogurt

Veggies/Fruit

- 5 apples
- 1 pkg frozen artichoke hearts
- 1 large avocado
- 2 bananas
- 1 bunch basil
- 1 lb fresh or frozen green beans
- 1 pint blueberries
- 1 bunch broccoli
- 1 small cantaloupe
- 1 1-lb bag carrots
- 1 head celery
- 1 bag frozen unsweetened cherries
- 1 bunch cilantro
- 1 16-oz bag frozen whole kernels corn
- 2 cucumbers
- 1 pkg frozen shelled edamame
- 2 bulbs garlic
- 1 piece ginger root
- 1 kiwi
- 2 lemons
- 1 head Romaine lettuce
- 2 limes
- 3 medium onions
- 5 oranges
- 1 pint 100% orange juice

- 3 large poblano peppers (or sweet green bell peppers)
- 2 large white potatoes
- 2 pints raspberries
- 3 tomatoes
- 2 small zucchini

Whole Grains

- 1 loaf rye bread
- 1 box Nature's Path Flax Plus Maple Pecan Crunch cereal
- 1 box Armenian whole-wheat crackers (TRY: Ak-Mak 100% Whole Wheat Stone Ground Sesame Cracker)
- 1 bag spelt flour
- 1 bag whole-wheat white flour
- 1 container regular oatmeal
- 1 box whole-wheat elbow macaroni
- 1 box quinoa
- 1 box long-grain brown rice
- 1 jar wheat germ

Nuts/Seeds/Oils

- 1 8-oz bag unsalted roasted almonds
- 1 bottle extra-virgin olive oil
- 1 bottle olive oil
- 1 bottle sesame seed oil
- 1 jar unsalted natural peanut butter
- 1 container sesame seeds
- 1 bag unsalted walnut halves

Extras

- 1 3-oz pkg dried apricots
- 1 box baking powder
- 1 box baking soda
- 1 bottle ground chile powder
- 1 small jar ground cinnamon
- 1 box Kashi Cocoa Beach granola
- 1 box Kashi TLC Chewy Trail Mix granola bars
- 1 container hummus
- 1 jar Kalamata olives
- 1 container ground black pepper
- 1 jar organic sweet relish (TRY: Cascadian Farm Organic Sweet Relish)
- 1 container sea salt
- 1 32-oz box low-sodium tomato soup (TRY: Pacific Natural Foods Organic Light Sodium Creamy Tomato All Natural Soup)
- 1 bag Sucanat
- 1 bottle pure maple syrup
- 1 bottle low-sodium tamari
- 1 bottle red wine vinegar