SHOPPING LIST: WEEK 1

PROTEINS & DAIRY

- O 1 16-oz container 2% cottage cheese
- O 12 oz reduced-fat feta cheese
- O 1 pkg reduced-fat string cheese
- ½ dozen eggs
- O 1 at reduced-fat milk (1% or 2%). or unsweetened rice, almond or soy milk
- 1 17.6-oz container reduced-fat plain Greek yogurt (**TRY:** FAGE Total Classic)
- 4 oz beef eye of round steak
- O 14 oz boneless cod, Arctic char or barramundi fillet (freeze 4 oz
- 39 oz boneless, skinless chicken breasts (freeze 29 oz for Week 2)
- 8 oz lean ground turkey
- O 20 oz pork tenderloin
- O 8 oz low-sodium, deli-fresh sliced turkey breast, no added nitrates or nitrites (freeze 3 oz for Week 2)
- O 1 all-natural veggie burger (TRY: Amy's California Veggie Burger)

VEGGIES & FRUITS

- O 2 apples
- 3 small avocados
- O 2 bananas (freeze ½ banana)
- O 1 cantaloupe
- O 1 pear
- O 2 pints blackberries
- O 1 pint strawberries
- O 1 pink or ruby red grapefruit
- O 1 lemon
- O 1 small pineapple
- O 1 bunch broccoli
- O 6 oz carrots
- O 1 large bunch celery
- O 1 bunch fresh chives
- Q 2 cucumbers
- O 1 bunch fresh cilantro
- O 1 large head romaine lettuce
- O 2 red onions
- O 3 bell peppers
- O 3 cups green beans
- O 1 sweet potato
- O 1 yellow summer squash
- O 1 lb baby Yukon gold potatoes
- O 3 vine tomatoes
- O 1 zucchini

WHOLE GRAINS

- O 1 loaf whole-grain or sprouted grain bread (freeze 2 slices for
- O 1 pkg whole-grain English muffins
- O 1 pkg whole-grain wraps
- O 1 box bulgur
- O 1 box whole-grain cereal (TIP: Look for brands with 200 calories or less, such as Ezekiel 4:9 Cinnamon Raisin Whole Grain Cereal.)
- O 1 box whole-grain crackers or crispbreads (TRY: Mary's Gone Crackers Original Seed Crackers with Herbs)

NUTS, SEEDS & OILS

- O 2 oz raw unsalted sliced almonds
- 4 oz raw unsalted pistachios
- O 1 jar natural unsalted almond or peanut butter (TRY: Once Again Organic Creamy Almond Butter)
- O 1 bag ground flaxseeds (TRY: King Arthur Flour Whole Flax Meal)
- O 1 bottle extra-virgin olive oil
- O 1 bottle olive oil

EXTRAS

- O 1 box whole-grain or all-natural fruit bars (TRY: Lärabar)
- O 1 bag dried black beans or 1 15-oz BPA-free can black beans
- O 1 bag dried chickpeas or 3 15-oz BPA-free cans chickpeas
- O 1 container hummus
- O 1 bottle ground black pepper
- O 1 bottle ground cayenne pepper
- O 1 bottle ground cinnamon
- O 1 bottle ground cumin
- O 1 bottle garlic powder
- O 1 bottle dried oregano
- O 1 bottle red pepper flakes
- O 1 bottle sea salt
- O 1 bottle dried thyme
- O 1 bottle pure vanilla extract
- O 1 jar pitted Kalamata olives
- O 1 container whey protein powder
- O 1 pkg maple sugar
- O 1 small bottle pure maple syrup
- O 1 3-oz pouch wild albacore tuna (TRY: Wild Planet Wild Albacore Tuna)
- O 1 bottle red wine vinegar

MEAL PLAN: WEEK 1

MONDAY

Fruity Smoothie:

Blend 3 strawberries, 1/2 frozen banana, 1 cup milk, ½ cup peeled and chopped pineapple, ¼ cup protein powder and 2 tbsp flaxseeds with ice

TUESDAY

1 cup cereal and 34 cup each milk and blackberries



SNACK

LUNCH

1 bar

1 string cheese

1 carrot, cut into sticks

3 oz tuna, 2 slices

avocado, 2 tbsp each chopped carrot and bell pepper, 1 tbsp chopped red onion, 2 tbsp Greek yogurt and 1 tbsp lemon juice in 1 wrap with 2 leaves romaine; 1 cup sliced cucumber with 2 tbsp hummus

Tuna Salad Wrap:

1 serving Pistachio-**Crusted Pork with Baby Potatoes** (leftovers, p. 80)

Spiced Black Beans (leftovers)

34 cup blackberries

SNACK

1/2 cup Greek yogurt with 1 cup blackberries



2 crackers with 1½ tbsp almond

butter



1 serving Pistachio-Crusted Pork with **Baby Potatoes** (see recipe, p. 80; save leftovers)

Spiced Black Beans:

Heat 15 oz black beans, 1/3 cup diced red onion, 1/2 tsp each garlic powder and cumin and 2 tbsp water (eat 1/2; save leftovers)

Baked Cod: 5 oz cod, 1/2 tsp olive oil and pinch salt and black pepper, baked

Grilled Veggies:

1 each zucchini and squash, sliced and grilled with 1 tbsp olive oil (eat 1/2; save leftovers)

NUTRIENTS

CALORIES: 1,582, FAT: 53 q, SAT. FAT: 10.5 g, CARBS: 174 g, FIBER: 37 q, SUGARS: 58 q, PROTEIN: 108 q, SODIUM: 878 mg, CHOLESTEROL: 182 ma

CALORIES: 1,379, FAT: 52 q, SAT. FAT: 12.5 g, CARBS: 141 g, FIBER: 32 q, SUGARS: 22 q, PROTEIN: 118 q, SODIUM: 815 mg, CHOLESTEROL: 39 ma

WHAT ELSE DO YOU NEED?

SUNDAY

1 egg, scrambled

2 slices toast

WEDNESDAY **Strawberry Breakfast** Muffin: 1 English muffin, toasted, 2 tbsp almond butter and 4 strawberries, sliced **Apple Parfait: 1 cup** Greek yogurt, 1 apple, cored and sliced, and 1 tsp almonds **Turkey Sandwich: 3 oz** deli turkey, 2 slices avocado, 1 slice each tomato and red onion, 2 leaves romaine and pinch black pepper on 2 slices bread 1/2 bell pepper, sliced, with 2 tbsp hummus

2 crackers with

Grilled Veggies

Oregano Chicken:

and black pepper,

baked (eat 1/2; save

1 tsp almonds

cantaloupe

171 mg

10 oz chicken, ½ tsp

oregano and pinch salt

leftovers): 1 cup green

beans, steamed, and

1 cup cooked bulgur

1 cup peeled and cubed

CALORIES: 1,547, FAT: 49 q,

SAT. FAT: 13 g, CARBS: 194 g,

FIBER: 37 q, **SUGARS**: 66 q,

PROTEIN: 98 q, SODIUM:

2,188 mg, **CHOLESTEROL**:

2 tsp feta

(leftovers)

THURSDAY 1 banana, sliced, 1 cup cereal, 34 cup milk and 1 tsp almonds 1/2 cup each cottage cheese and peeled and chopped pineapple Chicken (leftovers),

Chicken Salad: Oregano chopped, 2 slices avocado, 1/2 tomato, sliced, 1/2 bell pepper, sliced, 1/4 cucumber, sliced, 3 cups romaine, 2 tbsp wine vinegar and 1 tsp EVOO 1 pear 1 bar

Greek Burger A

Pistachio Salad: 2 cups

romaine, 1 tbsp each

diced red onion and

feta, 1 tsp pistachios,

CALORIES: 1,435, FAT: 35 q,

SAT. FAT: 9 g, CARBS: 190 g,

FIBER: 32 q, **SUGARS**: 56 q,

PROTEIN: 102 q, SODIUM:

2,220 mg, CHOLESTEROL:

145 ma

SAT. FAT: 11 g, **CARBS**: 145 g,

FIBER: 32 q, SUGARS: 29 q,

PROTEIN: 126 q, SODIUM:

2,212 mg, CHOLESTEROL:

104 ma

94 mg

1 tbsp wine vinegar

and ½ tsp EVOO

FRIDAY

Tropical Smoothie:

Blend 11/2 cups milk,

1/2 cup each peeled

1 cup peeled and and chopped leftovers) chopped pineapple pineapple and cantaloupe, 1/4 cup protein powder and 2 tbsp flaxseeds 1/4 cup pistachios 1 serving Maple 1 bar Grapefruit Brûlée (leftovers, p. 80) ARABAR **Turkey Feta Wrap: Cottage Cheese & Turkey Burger:** 2 oz deli turkev. Fruit: Mix 1 cup 1 Turkey Patty 5 slices bell pepper, cottage cheese, ½ cup (leftover) on 2 slices 1 slice each red onion each peeled and bread with 1 leaf and tomato, 2 tbsp chopped cantaloupe romaine, 1 slice each feta, pinch black and pineapple and tomato and red onion pepper and 2 leaves 2 tsp almonds and 2 thsp feta romaine in 1 wrap; 1 2 crackers with 2 slices 1 cup steamed broccoli cup green beans, and 2 tbsp feta tomato and steamed 1/2 avocado, peeled, 1 cup strawberries 1 apple pitted and sliced 2 crackers 1/2 cup each cottage 3 stalks celery with 2 crackers with cheese and peeled 1 tbsp almond butter 2 tbsp hummus and chopped cantaloupe 1 Turkey Patty B 5 oz cod, ½ tsp olive oil and pinch black pepper, in 1 wrap with 1 leaf baked; 1 cup each romaine and 1 slice cooked bulgur and each tomato and and pepper flakes, red onion steamed broccoli grilled Chickpea Salad: Greek Salad: 4 cups romaine, ¼ cup each 5 olives, chopped, and 2 tbsp feta 1 cup diced cucumber, diced tomato, feta, 1 cup green beans, ½ cup chickpeas, cucumber and bell steamed, and 1 tsp 1 tbsp diced red onion, pepper, 2 tbsp diced almonds 2 tbsp wine vinegar red onion, 3 tbsp wine vinegar and 1 tsp EVOO and 1 tsp EVOO CALORIES: 1,600, FAT: 60 q, CALORIES: 1,613, FAT: 55 q,

SATURDAY

Grapefruit Brûlée (see

1 serving Maple

recipe, p. 80; save



Grilled Pepper Steak: 4 oz steak and pinch each black pepper, salt 1 sweet potato, baked, CALORIES: 1,562, FAT: 42 q, **SAT. FAT**: 11 q, **CARBS**: 197 q, SAT. FAT: 12 g, CARBS: 200 g, FIBER: 42 g, SUGARS: 80 g, FIBER: 38 q, SUGARS: 66 q, PROTEIN: 89 q, SODIUM: PROTEIN: 114 q, SODIUM: 1,846 mg, CHOLESTEROL: 1,508 mg, CHOLESTEROL:

Greek Burger:

Mix 1 slice each tomato and red onion, 1 leaf romaine, chopped, 4 slices cucumber, 5 olives, chopped, and 1 tsp wine vinegar; serve on 1 veggie burger, cooked, on 1 English muffin with 3 slices bell pepper and 3 tbsp feta

Turkey Patty: Form 8 oz ground turkey, 2 tbsp flaxseeds, 1 tbsp minced cilantro and ¼ tsp each black pepper, pepper flakes, garlic powder and oregano into 2 patties; grill (save leftovers)

SHOPPING LIST: WEEK 2

PROTEINS & DAIRY

- O 18-oz container 2% cottage
- 1½ oz reduced-fat grated Parmesan cheese
- O 11/2 qt reduced-fat milk (1% or 2%), or unsweetened rice, almond or soy milk
- O 1 17.6-oz container reduced-fat plain Greek yogurt
- O 2 all-natural organic chicken and/or turkey sausages
- 16 oz boneless, skinless salmon fillet
- O 3 oz frozen cooked shrimp
- O 18-oz pkg organic firm tofu

VEGGIES & FRUITS

- O 2 apples
- O 1 small avocado
- O 2 bananas (freeze 1)
- O 3 pears
- O 1 pint raspberries
- O 1 pint strawberries
- O 12 oz grapes
- 3 lemons
- O 1 lime
- O 18-oz pkg arugula
- O 1 bunch bok choy
- O 1 small bunch radishes
- O 1 head romaine lettuce
- O 1 16-oz bag baby spinach
- O 1 bunch fresh cilantro
- O 1 bunch fresh mint
- O 1 bunch fresh flat-leaf or Italian parsley
- O 2 cucumbers
- O 1 head garlic

- O 1 11/2-inch piece fresh ginger
- O 2 bell peppers
- O 3 jalapeño chile peppers
- O 1 small sweet onion (such as Vidalia)
- O 1 red onion
- O 1 sweet potato
- O 2 pints grape tomatoes
- O 1 yellow summer squash

WHOLE GRAINS

- O 1 box whole-grain cereal
- O 1 box whole-grain penne
- O 1 pkg whole-grain pitas
- O 1 pkg mixed whole grains (TRY: Village Harvest Farro & Red Rice Frozen Whole Grain Medley)

NUTS, SEEDS & OILS

O 1 jar tahini

EXTRAS

- O 1 16-oz bag frozen fava beans
- Q 2 8-oz cartons reduced-fat coconut milk
- O 18-oz carton reduced-sodium chicken broth
- O 1 jar Dijon mustard
- **O** 1 bottle ground cardamom
- O 1 bottle ground coriander
- O 1 bottle ground ginger
- O 1 bottle curry powder
- O 1 bottle ground paprika O 1 bottle ground turmeric
- O 1 small jar reduced-sodium tomato sauce
- O 1 bottle balsamic vinegar
- O 8 wooden bamboo skewers

WHAT ELSE DO YOU NEED?

NOTE: Clean Eating shopping lists include all the items you'll need to prepare 70 meals for one adult. At the end of Week One, take a quick kitchen inventory, as you may have a little less or a little more leftover for Week Two.

MEAL PLAN: WEEK 2

MONDAY

Green Smoothie:

Blend 5 strawberries, 1/2 frozen banana, 1½ cups milk, ½ cup spinach, ¼ cup each parsley and protein powder and 2 tbsp flaxseeds with ice

TUESDAY

15 grapes, 1 cup cereal and 34 cup milk

SNACK

BREAKFAST

2 crackers

1 string cheese

1 cup strawberries

1 string cheese

LUNCH

Turkey Salad: 3 oz deli turkey, 2 cups romaine, ½ cup chickpeas, 5 each tomatoes and olives, 1/4 cup each diced cucumber and bell pepper, 1 tbsp each diced red onion and Parmesan, 2 tbsp wine vinegar and 1 tsp EVOO; 1 apple

1 serving Curry **Chicken Satay** (leftovers, p. 81)

1 pita with 2 tbsp Fava Bean Hummus (leftovers)

Crunchy Cucumber Salad (leftovers)

SNACK

20 pistachios

3 stalks celery with

1½ tbsp almond butter



DINNER

1 serving Curry Chicken Satay (see recipe, p. 81; save leftovers)

1 pita with 2 tbsp Fava Bean Hummus A

Crunchy Cucumber Salad: 1 cup each sliced radish and cucumber, 1/4 cup each feta and mint and 2 tbsp balsamic (eat 1/2; save leftovers)

Sausage Pita:

2 sausages, grilled, ½ bell pepper, sliced, and 3 tbsp feta in 2 pitas (eat 1/2; save leftover)

Tomato Toss: 1 cup tomatoes, halved, 1 tbsp each Parmesan and wine vinegar and 1 tsp EVOO

CALORIES: 1,317, FAT: 48.5 q, **SAT. FAT**: 9 g, **CARBS**: 116.5 g, **FIBER**: 38 q, **SUGARS**: 51 q, PROTEIN: 118 q, SODIUM: 1,740 mg, CHOLESTEROL: 131 ma

CALORIES: 1,053, FAT: 40.5 q, SAT. FAT: 9 g, CARBS: 89.5 g, FIBER: 20 g, SUGARS: 18 g, PROTEIN: 63 q, SODIUM: 1,657 mg, CHOLESTEROL: 163 ma

WEDNESDAY **Almond Butter & Banana Sandwich:** 2 tbsp almond butter and 1 banana, sliced, on 2 slices bread; toast **Raspberry Almond** Parfait: In a glass, layer 3 tbsp Greek vogurt, 2 tbsp cereal and 1/4 cup raspberries; repeat layer twice more and top with 1 tsp almonds Sausage Pita (leftover) 1 stalk celery with 2 tbsp Fava Bean **Hummus (leftovers)** 15 grapes

Spinach Salad: 3 cups spinach, 1/2 avocado, peeled, pitted and sliced, ¼ cup grapes, sliced, 2 tbsp each pistachios and wine vinegar and 1 tsp EVOO 2 crackers 1 cup grapes

THURSDAY

1 string cheese

1 bar

1 apple

Spinach Penne (leftovers) 1 pear

Maple Dijon Chicken Salad: Toss Maple Dijon Chicken (leftovers), 3 cups romaine, 10 grapes, 1/4 cup chopped cucumber, 2 tbsp chopped carrot, 1 tbsp diced red onion, 1 tsp pistachios, 11/2 tbsp wine vinegar and 2 tsp EVOO

SATURDAY

1 pita with 2 tbsp

2 eggs, scrambled

1 cup strawberries

20 pistachios

(leftovers)

1 pear

Fava Bean Hummus

1 serving Moroccan-Style Salmon with Herbed Bulgur Salad (leftovers, p. 81) **Garden Salad** (leftovers)

SUNDAY

1 cup cereal, 34 cup

milk, 1/2 cup each

raspberries and

grapes and 1 tsp

almonds

1 bar

Coconut Pear Smoothie: Blend 1 cup sliced pear, 1 cup coconut milk, ½ cup

spinach and 2 tbsp mint with ice

1 string cheese

½ cup each raspberries and Greek yogurt with 1 tsp almonds

Spinach Penne B

2 tbsp each diced

pistachios, 2 tbsp

wine vinegar and

1/2 tsp **EVOO**

Arugula Salad: 2 cups

arugula, 5 tomatoes,

carrot and feta, 1 tbsp

diced red onion, 1 tsp



2 crackers with 4 tbsp Fava Bean Hummus (leftovers)

FRIDAY

Berrylicious Cereal:

1 cup cereal,

¾ cup milk,

½ cup each

raspberries, 1 tsp almonds and 1/8 tsp cinnamon

15 grapes

strawberries and

1/2 cup cottage cheese



1 serving Moroccan-

Herbed Bulgur Salad

(see recipe, p. 81; save

Salad: 2 cups arugula,

and feta, 2 tbsp diced

3 tbsp wine vinegar

and 1 tsp EVOO (eat

1/2; save leftovers)

red onion, 8 pistachios,

1/4 cup each diced carrot

Style Salmon with

leftovers); Garden

11/2 tbsp almond butter

2 crackers with

Grape Smoothie: Blend 15 grapes, ½ frozen banana, 1½ cups milk, ½ cup bok choy leaves, 1/4 cup protein powder and 2 tbsp mint with ice

Lemon Cod: Top 4 oz cod with 1 tbsp lemon juice, 2 tbsp chopped parsley and ½ tsp olive oil; bake

3 cups spinach, steamed, and pinch garlic powder and pepper flakes

1 sweet potato, baked, and 1 tbsp feta

> CALORIES: 1,611, FAT: 63 q, SAT. FAT: 15 g, CARBS: 218 g, FIBER: 48 q, SUGARS: 105 q, PROTEIN: 62 q, SODIUM: 1,060 mg, CHOLESTEROL: 36 ma

Maple Dijon Chicken: 9 oz chicken, 1 tbsp

Dijon, 1 tsp maple syrup and 1/4 tsp black pepper, baked (eat 1/2: save leftovers)

Garlic Spinach: Sauté 4 cups spinach and 1 clove garlic, minced, in 1 tsp olive oil; 3/4 cup cooked mixed grains

CALORIES: 1,605, FAT: 35 q,

SAT. FAT: 6 g, **CARBS**: 245 g,

FIBER: 40 g, **SUGARS**: 60 g,

PROTEIN: 96 q, SODIUM:

1,974 mg, CHOLESTEROL:

102 ma

CALORIES: 1,577, FAT: 62 q, **SAT. FAT**: 11 g, **CARBS**: 174 g, FIBER: 37.5 q, SUGARS: 67 q, PROTEIN: 94 q, SODIUM: 1,440 mg, CHOLESTEROL: 546 ma

Cilantro Shrimp: 3 oz shrimp and 1 clove garlic, minced, sautéed in 1 tsp olive oil; top with 1 tbsp minced cilantro

½ bunch bok chov and 1 clove garlic, minced, steamed 34 cup cooked mixed

grains

CALORIES: 1,598, FAT: 34 q, SAT. FAT: 9g, CARBS: 235 g, FIBER: 32.5 q, SUGARS: 64 q, PROTEIN: 103 q, SODIUM: 986 mg, CHOLESTEROL: 12 ma

Fava Bean

Hummus: Blend 15 oz chickpeas, 2 cloves garlic, 2 cups fava beans, thawed, ½ cup broth, 1/3 cup lemon juice, ¼ cup each tahini and parsley, 1 tsp cumin, ½ tsp paprika, ¼ tsp cayenne and 1 tbsp EVOO (save leftovers)

Spinach Penne:

Mix 3 oz cooked penne, 1 squash. chopped and steamed, 6 cups spinach, steamed, 8 oz tofu, baked and cubed, 1½ cups tomato sauce and 4 thsp Parmesan (eat 1/2; save leftovers)

SAT. FAT: 13 g, **CARBS**: 212 g, **FIBER**: 38 q, **SUGARS**: 63 q, PROTEIN: 88 q, SODIUM: 1,233 mg, CHOLESTEROL: 69 ma

CALORIES: 1,586, FAT: 53 q,