

## SHOPPING LIST: WEEK 1

### PROTEINS & DAIRY

- 1 16-oz container 1% cottage cheese
- 6 oz low-fat feta cheese
- 2 oz Parmesan cheese
- 14 oz sliced low-fat Swiss cheese
- 1 pkg low-fat string cheese
- 2 dozen large eggs
- 1½ qt low-fat milk (skim or unsweetened rice or almond milk)
- 1 32-oz container Eden Organic EDENSOY Unsweetened Soy milk
- 1 17.6-oz plus 1 6-oz container FAGE Total 0% Plain Greek Yogurt
- 5 oz low-sodium deli-fresh sliced lean ham (freeze 4 oz for Week 2)
- 7 oz low-sodium deli-fresh sliced turkey breast
- 24 oz boneless, skinless chicken breasts (freeze 4 oz for Week 2)
- 8 oz boneless pork chop
- 1 4-oz boneless cod fillet
- 1 4-oz boneless halibut fillet
- 6 oz frozen cooked shrimp

### VEGGIES & FRUIT

- 1 5-oz bag arugula
- 1 9-oz bag baby spinach
- 1 bunch kale
- 1 bunch fresh flat-leaf parsley
- 1 bunch fresh thyme
- 4 apples
- 3 small avocados
- 5 bananas
- 1 large head broccoli
- ¼ lb Brussels sprouts
- 1 bunch celery
- ½ lb grapes
- 1 grapefruit
- 2 oranges
- 2 lemons
- 2 limes
- 1 kiwi
- 3 leeks
- 16 oz cremini mushrooms
- 1 pear
- 2 red bell peppers
- 3 large vine-ripened tomatoes
- 1 2-lb bag carrots
- 2 heads garlic
- 1 red onion
- 2 parsnips
- 2 shallots

### WHOLE GRAINS

- 1 loaf sprouted grain bread
- 1 pkg whole-grain English muffins (freeze 1 for Week 2)
- 1 pkg whole-wheat flax wraps (freeze 2 for Week 2)

- 1 box whole-grain cereal (TRY: Food For Life Ezekiel 4:9 Cinnamon Raisin Whole Grain Cereal)
- 1 20-oz bag whole-grain chips (TRY: Chip'ins All-Natural Sea Salt Popcorn Chips)
- 1 box whole-grain crackers
- 1 bag ground flaxseeds
- 1 bag Bob's Red Mill Old-Fashioned Rolled Oats
- 1 pkg whole-grain rotini pasta
- 1 pkg quinoa
- 1 pkg wild rice





### NUTS, SEEDS & OILS

- 3 oz raw unsalted almonds
- 1 oz raw unsalted pine nuts
- 2 oz raw unsalted pistachios
- 3 oz raw unsalted walnut pieces
- 1 jar natural unsalted almond or peanut butter
- 1 bottle extra-virgin olive oil
- 1 bottle olive oil
- Olive oil cooking spray

### EXTRAS

- 1 15-oz jar artichoke hearts (water-packed)
- 1 pkg all-natural veggie burgers
- 1 bag dried black beans or 2 15-oz BPA-free cans black beans
- 1 bag dried cannellini beans or 2 15-oz BPA-free cans cannellini beans
- 1 32-oz carton low-sodium vegetable broth
- 1 pkg dried cherries
- 1 pkg dried edamame (TRY: Sensible Foods Organic Crunch Dried Roasted Soy Nuts)
- 1 25-oz jar low-sodium tomato sauce
- 1 5-oz BPA-free can or pouch wild albacore tuna (TRY: Sustainable Seas No Salt Added Solid Albacore Tuna)
- 1 container hummus
- 1 jar Dijon mustard
- 1 box Lärabars
- 1 bottle ground cayenne pepper
- 1 bottle ground cinnamon
- 1 bottle dry mustard
- 1 bottle dried oregano
- 1 bottle ground black pepper
- 1 bottle sea salt
- 1 container chocolate whey protein powder
- 1 bottle low-sodium soy sauce
- 1 bottle rice vinegar
- 1 bottle balsamic vinegar
- 1 bottle red wine vinegar







## MEAL PLAN: WEEK 1

	MONDAY	TUESDAY
BREAKFAST	Mix 6 egg whites, 1 tsp milk, ½ cup spinach and ¼ cup chopped tomatoes; cook in nonstick skillet until set. Add ¼ cup feta; cook until melted; fold in half and cook through; 1 English muffin	<b>Cherry Almond Breakfast Muffin:</b> Top 1 English muffin, toasted, with 1½ tbsp almond butter and 2 tbsp dried cherries 
SNACK	1 apple 1 string cheese 	½ cup cottage cheese and 1 apple, chopped
LUNCH	<b>Turkey Sandwich:</b> 3 oz deli turkey, 5 leaves spinach, 1 slice tomato, 1 slice onion, 1 tbsp hummus and pinch black pepper on 2 slices bread; 6 oz Greek yogurt and pinch cinnamon; ½ bell pepper; 13 crackers	1 serving Kale Chicken Caesar Salad (leftovers, p. 84) in 1 wrap (omit croutons); 1 orange 
SNACK	40 pistachios 1 banana	1 cup broccoli and 4 tbsp hummus
DINNER	1 serving Kale Chicken Caesar Salad (p. 84; save leftovers) 1 kiwi 	<b>Lemon Garlic Fish:</b> 4 oz cod, ½ tsp olive oil, ½ clove garlic, minced, squeeze lemon juice and pinch black pepper, baked; 2 cups spinach, sautéed in ½ tsp olive oil, and 2 tbsp feta; ¾ cup cooked quinoa and 1 tsp pine nuts
TOTAL NUTRIENTS	<b>CALORIES:</b> 1,465, <b>FAT:</b> 41 g, <b>SAT. FAT:</b> 10 g, <b>CARBS:</b> 166 g, <b>FIBER:</b> 34 g, <b>SUGARS:</b> 41 g, <b>PROTEIN:</b> 115 g, <b>SODIUM:</b> 2,572 mg, <b>CHOLESTEROL:</b> 118 mg	<b>CALORIES:</b> 1,545, <b>FAT:</b> 50 g, <b>SAT. FAT:</b> 7 g, <b>CARBS:</b> 175 g, <b>FIBER:</b> 35 g, <b>SUGARS:</b> 53 g, <b>PROTEIN:</b> 100 g, <b>SODIUM:</b> 1,597 mg, <b>CHOLESTEROL:</b> 129 mg

EVOO = extra-virgin olive oil

MEAL PLAN

MEAL PLAN: WEEK 1

WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p><b>Apple Oatmeal:</b> Cook ½ cup Bob's Red Mill Old-Fashioned Rolled Oats in 1 cup Eden Organic EDENSOY Unsweetened Soy milk with 1 apple, chopped; top with 1 tbsp walnuts and pinch cinnamon</p>	<p>¾ cup cereal, ½ cup milk and 1 banana, sliced</p>	<p><b>Chocolate Banana Smoothie:</b> Blend 1 banana, 1 cup milk, ¼ cup chocolate protein powder, 2 tbsp flaxseeds and 1 tsp almond butter with ice</p>	<p>¾ cup cereal, ½ cup milk and 10 grapes, halved</p>	<p>1 egg plus 2 egg whites, scrambled 1 English muffin 1 grapefruit</p>
<p>1 banana 12 almonds</p> 	<p>20 pistachios</p> 	<p>½ cup dried cherries</p>	<p>12 almonds</p> 	<p>1 string cheese ¼ cup dried edamame</p>
<p><b>Loaded Veggie Burger:</b> 1 veggie burger, cooked, 1 slice tomato, 1 slice onion, 5 leaves spinach and ¼ avocado, peeled, pitted and sliced, on 1 English muffin 10 grapes; ½ bell pepper</p>	<p><b>Tuna Salad</b> <b>A</b> 15 grapes 13 crackers</p> 	<p><b>Arugula Pork Salad</b> <b>B</b> 20 chips and 2 tbsp hummus ¾ orange (remaining from salad)</p>	<p><b>Chef's Salad Sandwich:</b> 1 oz each deli turkey, ham and Swiss, 2 hard-boiled egg whites, sliced, 8 leaves arugula, 2 slices tomato, 1 tsp Dijon and pinch oregano on 2 slices bread 1 carrot 1 pear</p>	<p>3 oz deli turkey, ¼ avocado, peeled, pitted and sliced, 1 slice tomato, 1 slice onion and 8 leaves arugula on 1 slice bread; 1 serving Creamy Leek &amp; White Bean Soup with Swiss-Crusted Croutons (leftovers, p. 84); 1 apple</p>
<p>1 Lärabar</p> 	<p>¼ cup dried edamame</p>	<p>¾ cup cottage cheese and 10 grapes, halved</p> 	<p><b>Mexican Tortilla:</b> Top 1 wrap with 1 tbsp hummus, ¼ cup cooked black beans and 2 tbsp grated Parmesan; broil, then wrap</p>	<p><b>Banana Parfait:</b> In a tall glass, layer 2 tbsp cottage cheese, 1 tbsp cereal and ½ banana, sliced; repeat layer twice more</p>
<p><b>Shrimp &amp; Broccoli Pasta:</b> 3 oz cooked shrimp, 3 oz cooked rotini, 1 cup broccoli, steamed, ¾ cup tomato sauce and 2 tbsp grated Parmesan</p>	<p>8 oz pork chop, baked (eat half; save leftovers) 1 cup cooked black beans and ½ cup cooked wild rice; 1 cup broccoli, steamed; 2 cups arugula, 2 tbsp feta, 1 tbsp diced onion, 1 tsp pine nuts, 1 tbsp red vinegar and ½ tsp EVOO</p>	<p>Mix 1 egg plus 4 egg whites, 1 tsp milk, pinch cayenne, oregano and thyme, 1 artichoke, chopped, ½ cup spinach and 1 tbsp chopped shallots; cook in nonstick skillet until set. Add 1 oz Swiss; fold and cook through; 1 English muffin</p>	<p>1 serving Creamy Leek &amp; White Bean Soup with Swiss-Crusted Croutons (p. 84; save leftovers) 4 oz chicken, baked 1 cup Brussels sprouts, roasted ¾ cup cooked quinoa</p>	<p>4 oz halibut, baked; 2 cups spinach and ½ clove garlic, minced, sautéed in ½ tsp olive oil; ¾ cup cooked cannellini beans, ½ cup chopped tomatoes, ¼ cup cooked quinoa, 1 tbsp red vinegar and 1 tsp EVOO</p>
<p><b>CALORIES:</b> 1,768, <b>FAT:</b> 52 g, <b>SAT. FAT:</b> 10 g, <b>CARBS:</b> 271 g, <b>FIBER:</b> 48 g, <b>SUGARS:</b> 95 g, <b>PROTEIN:</b> 80 g, <b>SODIUM:</b> 1,193 mg, <b>CHOLESTEROL:</b> 179 mg</p>	<p><b>CALORIES:</b> 1,724, <b>FAT:</b> 48 g, <b>SAT. FAT:</b> 11 g, <b>CARBS:</b> 214 g, <b>FIBER:</b> 45 g, <b>SUGARS:</b> 44 g, <b>PROTEIN:</b> 122 g, <b>SODIUM:</b> 1,936 mg, <b>CHOLESTEROL:</b> 163 mg</p>	<p><b>CALORIES:</b> 1,745, <b>FAT:</b> 57 g, <b>SAT. FAT:</b> 14 g, <b>CARBS:</b> 188 g, <b>FIBER:</b> 26 g, <b>SUGARS:</b> 84 g, <b>PROTEIN:</b> 133 g, <b>SODIUM:</b> 2,351 mg, <b>CHOLESTEROL:</b> 337 mg</p>	<p><b>CALORIES:</b> 1,594, <b>FAT:</b> 32 g, <b>SAT. FAT:</b> 6 g, <b>CARBS:</b> 223 g, <b>FIBER:</b> 44 g, <b>SUGARS:</b> 42 g, <b>PROTEIN:</b> 114 g, <b>SODIUM:</b> 2,326 mg, <b>CHOLESTEROL:</b> 139 mg</p>	<p><b>CALORIES:</b> 1,735, <b>FAT:</b> 39 g, <b>SAT. FAT:</b> 10 g, <b>CARBS:</b> 231 g, <b>FIBER:</b> 50 g, <b>SUGARS:</b> 61 g, <b>PROTEIN:</b> 132 g, <b>SODIUM:</b> 2,830 mg, <b>CHOLESTEROL:</b> 314 mg</p>

**Tuna Salad:** 5 oz tuna, 3 cups spinach, 1 stalk celery, chopped, ½ tomato, chopped, ¼ avocado, peeled, pitted and chopped, ¼ carrot, chopped, 1 tbsp chopped onion, 3 tbsp red wine vinegar, 1 tsp EVOO and pinch black pepper

**Arugula Pork Salad:** 4 oz baked pork (leftovers), chopped, 3 cups arugula, ½ tomato, chopped, ¼ orange, segmented, 2 tbsp feta, 8 almonds, chopped, 2 tbsp balsamic vinegar, 1 tsp EVOO and ½ tsp Dijon



# SHOPPING LIST: WEEK 2

### PROTEINS & DAIRY

- 4 oz beef eye round
- 12 oz extra-lean ground turkey
- 4 4-oz boneless salmon fillets
- 1 qt low-fat buttermilk
- 1 32-oz container Eden Organic EDENSOY Unsweetened Soymilk
- 1 8-oz container 1% cottage cheese
- 1 4-oz pkg part-skim mozzarella cheese

### VEGGIES & FRUIT

- 1 lb fresh asparagus
- 3 apples
- 2 small avocados
- 3 bananas (freeze 1)
- 1 head broccoli
- 2 grapefruits
- 1 lemon
- 3 oranges
- 1 3-inch piece fresh horseradish
- 2 kiwis
- 1 pear
- 4 stalks rhubarb
- 1 bunch kale
- 1 head romaine lettuce
- 1 9-oz bag baby spinach
- 1 bunch fresh flat-leaf parsley
- 1 lb redskin potatoes
- 1 sweet potato

- 1 large red onion
  - 2 vine-ripened tomatoes
- ### WHOLE GRAINS
- 1 loaf sprouted grain bread
  - 1 bag oat flour (**TRY:** King Arthur Organic Oat Flour)
  - 1 bag whole-wheat flour
  - 1 bag whole-wheat pitas
  - 1 bag whole-grain tortilla chips (**TRY:** Corazonas Lightly Salted Tortilla Chips)

### EXTRAS

- 1 bag arrowroot powder
- 1 container natural unsweetened cocoa powder
- 1 bottle ground cumin
- 1 bottle garlic powder
- 1 bottle ground ginger
- 1 bottle red pepper flakes
- 1 container baking powder
- 1 box baking soda
- 1 bottle pure vanilla extract
- 1 8-oz carton low-sodium chicken broth
- 1 container hummus
- 1 box stevia
- 1 bag Sucanat
- 1 jar organic salsa
- 1 5-oz BPA-free can or pouch wild albacore tuna
- 2 16-oz bags frozen strawberries

### WHAT ELSE DO YOU NEED?

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**NOTE:** *Clean Eating* magazine 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	TUESDAY
<b>BREAKFAST</b>	<p><b>Creamy Hot Cocoa:</b> Heat 1 cup milk, 2 tbsp cocoa powder and ½ tsp stevia, stirring often</p> <p>2 servings Strawberry Rhubarb Muffins (p. 85; save leftovers)</p>	<p>1 cup Greek yogurt, 1 cup frozen strawberries and ½ cup dry Bob's Red Mill Old-Fashioned Rolled Oats</p> 
<b>SNACK</b>	<p>1 kiwi 12 almonds</p>	<p>1 egg, hardboiled 15 grapes</p> 
<b>LUNCH</b>	<p><b>Italian Ham Sandwich:</b> Top 1 English muffin, toasted, with 3 oz deli ham, 1 oz mozzarella, 1 slice tomato and pinch oregano</p> <p>1 carrot 1 orange</p>	<p><b>Tuna Pita:</b> 5 oz tuna, ¼ carrot, diced, 1 stalk celery, diced, 4 tbsp mashed avocado, 1 tbsp diced onion, 1 tbsp red vinegar, pinch oregano and 5 leaves spinach in 1 pita</p> <p>1 pear; ¾ carrot</p>
<b>SNACK</b>	<p>20 chips 1 string cheese</p> 	<p>1 serving Strawberry Rhubarb Muffins (leftovers, p. 85) 1 string cheese</p>
<b>DINNER</b>	<p>3 oz shrimp and 1 clove garlic, minced, sautéed in 2 tsp olive oil</p> <p>2 cups spinach and 1 clove garlic, minced, sautéed in 1 tsp olive oil</p> <p>¾ cup cooked wild rice and 1 tsp pine nuts</p>	<p><b>Mexican Salad</b> <span style="color: red;">A</span></p> 
<b>TOTAL NUTRIENTS</b>	<p><b>CALORIES:</b> 1,593, <b>FAT:</b> 62 g, <b>SAT. FAT:</b> 12 g, <b>CARBS:</b> 183 g, <b>FIBER:</b> 27 g, <b>SUGARS:</b> 44 g, <b>PROTEIN:</b> 92 g, <b>SODIUM:</b> 2,421 mg, <b>CHOLESTEROL:</b> 270 mg</p>	<p><b>CALORIES:</b> 1,644, <b>FAT:</b> 45 g, <b>SAT. FAT:</b> 11 g, <b>CARBS:</b> 172 g, <b>FIBER:</b> 37 g, <b>SUGARS:</b> 61 g, <b>PROTEIN:</b> 135 g, <b>SODIUM:</b> 1,792 mg, <b>CHOLESTEROL:</b> 384 mg</p>

**EVOO** = extra-virgin olive oil

**MEAL PLAN**

**MEAL PLAN: WEEK 2**

WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p><b>Strawberry Chocolate Smoothie:</b> Blend 1½ cups Eden Organic EDENSOY Unsweetened Soymilk, 1 cup frozen strawberries and ¼ cup chocolate protein powder with ice</p> <p>1 serving Strawberry Rhubarb Muffins (leftovers, p. 85) 1 string cheese</p>	<p><b>Creamy Hot Cocoa:</b> Heat 1 cup milk, 2 tbsp cocoa powder and ½ tsp stevia, stirring often 1 Lärabar</p> 	<p>½ cup Bob's Red Mill Old-Fashioned Rolled Oats, cooked in ¾ cup milk with ½ cup frozen strawberries; add ½ banana, sliced, 1 tbsp dried cherries, 2 tbsp walnuts and pinch cinnamon</p> <p>½ cup cottage cheese</p> 	<p>2 slices bread, toasted, and 2 tbsp hummus 1 egg plus 2 egg whites, scrambled 1 grapefruit</p> <p>12 almonds</p> 	<p><b>Apple Nut Butter Pita:</b> Spread 1½ tbsp almond butter in 1 pita; stuff with ½ to ¾ apple, sliced, and bake or toast to heat through ½ to ¼ apple (remaining from pita)</p> <p>½ cup dried edamame</p> 
<p><b>Banana Almond Butter Sandwich:</b> 2 tbsp almond butter and 1 banana, sliced, on 2 slices bread; toast in oven or toaster oven 1 stalk celery and 2 tbsp hummus 1 apple</p>	<p>1 veggie burger, cooked, 1 oz mozzarella, 1 slice tomato, 1 slice onion, 1 slice avocado, 1 leaf romaine and 1 tbsp salsa on 2 slices bread 1 orange</p>	<p>Turkey Pasta (leftovers) 1 kiwi</p> 	<p><b>Power Smoothie:</b> Blend 1½ cups Eden Organic EDENSOY Unsweetened Soymilk, ½ frozen banana, 1 cup spinach, 1 cup frozen strawberries, ¼ cup chocolate protein powder and 2 tbsp flaxseeds with ice</p>	<p>1 serving Horseradish Salmon &amp; Asparagus with Hollandaise-Style Sauce &amp; Smashed Redskins (leftovers, p. 85)</p>
<p><b>Cherry Trail Mix:</b> ¼ cup dry Bob's Red Mill Old-Fashioned Rolled Oats and 2 tbsp each walnuts and dried cherries 5 oz Greek yogurt</p>	<p>14 tortilla chips and ¼ cup salsa</p> 	<p><b>Banana Smoothie:</b> Blend 1 cup Eden Organic EDENSOY Unsweetened Soymilk, ½ banana and ¼ cup chocolate protein powder with ice</p>	<p>1 string cheese 14 tortilla chips</p>	<p>1 grapefruit</p> 
<p>4 oz chicken and ½ clove garlic, minced, baked 1 bunch kale, steamed, and pinch garlic powder and pepper flakes (eat half; save leftovers) 1 sweet potato, baked, and 1 tsp olive oil</p>	<p><b>Turkey Pasta</b> <b>B</b> 2 cups romaine, 2 tbsp chopped carrots, 2 tbsp feta, 1 tbsp diced onion, 15 pine nuts, 2 tbsp red vinegar and ½ tsp <b>EVOO</b></p>	<p><b>Pizza Wraps:</b> Top each of 2 wraps with 3 tbsp salsa, 3 tbsp shredded mozzarella and ½ oz deli ham; broil, then wrap 2 cups steamed kale (leftovers)</p>	<p>2 cups romaine, 2 tbsp feta, 2 tbsp diced carrot, 1 tbsp diced onion, 15 pine nuts, 2 tbsp red vinegar and ½ tsp <b>EVOO</b>; 1 serving Horseradish Salmon &amp; Asparagus with Hollandaise-Style Sauce &amp; Smashed Redskins (p. 85; save leftovers)</p>	<p>4 oz beef eye round, broiled; 1 cup broccoli, steamed; ¾ cup cooked quinoa and 1 tsp pine nuts; 2 cups romaine, 2 tbsp chopped carrots, 2 tbsp feta, 1 tbsp diced onion, 1 tsp pine nuts, 2 tbsp red vinegar and ½ tsp <b>EVOO</b></p>
<p><b>CALORIES:</b> 1,696, <b>FAT:</b> 52 g, <b>SAT. FAT:</b> 8 g, <b>CARBS:</b> 211 g, <b>FIBER:</b> 38 g, <b>SUGARS:</b> 80 g, <b>PROTEIN:</b> 115 g, <b>SODIUM:</b> 1,518 mg, <b>CHOLESTEROL:</b> 80 mg</p>	<p><b>CALORIES:</b> 1,760, <b>FAT:</b> 59 g, <b>SAT. FAT:</b> 14 g, <b>CARBS:</b> 238 g, <b>FIBER:</b> 47 g, <b>SUGARS:</b> 76 g, <b>PROTEIN:</b> 85 g, <b>SODIUM:</b> 2,028 mg, <b>CHOLESTEROL:</b> 117 mg</p>	<p><b>CALORIES:</b> 1,560, <b>FAT:</b> 32 g, <b>SAT. FAT:</b> 9 g, <b>CARBS:</b> 227 g, <b>FIBER:</b> 36 g, <b>SUGARS:</b> 54 g, <b>PROTEIN:</b> 197 g, <b>SODIUM:</b> 2,148 mg, <b>CHOLESTEROL:</b> 55 mg</p>	<p><b>CALORIES:</b> 1,692, <b>FAT:</b> 64 g, <b>SAT. FAT:</b> 15 g, <b>CARBS:</b> 170 g, <b>FIBER:</b> 33 g, <b>SUGARS:</b> 29 g, <b>PROTEIN:</b> 114 g, <b>SODIUM:</b> 1,520 mg, <b>CHOLESTEROL:</b> 368 mg</p>	<p><b>CALORIES:</b> 1,607, <b>FAT:</b> 57 g, <b>SAT. FAT:</b> 10 g, <b>CARBS:</b> 179 g, <b>FIBER:</b> 36 g, <b>SUGARS:</b> 34 g, <b>PROTEIN:</b> 103 g, <b>SODIUM:</b> 1,345 mg, <b>CHOLESTEROL:</b> 196 mg</p>

**Mexican Salad:** **A**  
Cook 4 oz ground turkey and ¼ tsp garlic powder and cumin; serve on 2 cups spinach, ¾ cup cooked black beans, ½ cup diced tomatoes, ½ cup cottage cheese, 2 tbsp diced onion, 2 tbsp red vinegar and 1 tsp **EVOO**

**Turkey Pasta:** **B**  
8 oz ground turkey, cooked, 4 oz cooked rotini, 2 cups spinach, 1½ cups tomato sauce and 2 tbsp grated Parmesan (eat ½; save leftovers)