

SHOPPING LIST

PROTEINS & DAIRY

- 8 oz feta cheese
- 1½ oz shredded Parmesan cheese
- ½ dozen large eggs
- 1 qt milk (dairy or unsweetened rice, almond or soy milk)
- 32 oz plain whole-milk yogurt
- 1 5-lb whole roaster chicken
- 1 5-oz arctic char fillet
- 1 1½-lb flank steak
- 1 lb 90% lean ground beef

VEGGIES & FRUITS

- 4 apples (1 Gala, 3 any kind)
- 1 banana
- 1¾ lb grapes
- 2 oranges
- 1 pear
- 1 bunch fresh flat-leaf parsley
- 2 heads garlic
- 4 lemons
- 1 avocado
- 1 large head broccoli
- 1 small red bell pepper
- 7½ oz carrots

- 1 lb green beans
- 26 oz celeriac
- 1 cucumber
- 16½ oz baby spinach
- 2 sweet onions
- 1 large yellow onion
- 2 sweet potatoes
- 4 vine tomatoes
- 3 zucchini (2 green, 1 gold)
- 1 butternut squash
- 1 shallot
- 4 oz dried cremini mushrooms
- 1 oz dried porcini mushrooms

NUTS, SEEDS & OILS

- 1 jar natural unsalted peanut butter
- 1 bottle extra-virgin olive oil
- 1 bottle olive oil
- 1 bottle safflower oil
- 4 oz unsalted walnuts
- 1 bottle olive-oil cooking spray (**TRY:** Bertolli 100% Extra Light Tasting Olive Oil Spray)

WHOLE GRAINS

- 1 carton old-fashioned rolled oats
- 1 box whole-wheat spaghetti
- 1 box quinoa
- 1 package whole-wheat pita rounds (5¼ inches each)
- 1 package whole-wheat hamburger buns
- 1 package whole-grain bread crumbs

EXTRAS

- 1 3-oz pouch wild albacore tuna (**TRY:** Wild Planet Wild Albacore Tuna No Salt Added)
- 1 15-oz BPA-free can unsalted black beans
- 1 8-oz container hummus*
- 1 bottle pure maple syrup
- 1 jar Dijon mustard (**TRY:** Woodstock Organic Dijon Mustard)
- 1 6-oz pouch unsweetened raisins (**TRY:** Newman's Own Organic Raisins)

- 1 bag arrowroot
- 1 can or tube unsalted tomato paste
- 1 bottle reduced-sodium soy sauce
- 1 bottle balsamic vinegar
- 1 bottle ground cinnamon
- 1 bottle ground nutmeg
- 1 bottle dried oregano
- 1 bottle garlic powder
- 1 bottle red pepper flakes
- 1 bottle ground black pepper
- 1 bottle coarse sea salt
- 1 bottle apple cider vinegar
- 1 container baking powder
- 1 container baking soda
- 1 jar unsalted tomato sauce
- 1 carton low-sodium chicken broth

* *Purchase an all-natural hummus or save more per serving by making your own. Visit cleaneating.com and search "hummus."*