

Clean Eating

Improving your life, one meal at a time.

Your Shopping List - Week One

PROTEINS & DAIRY

- 1 16-oz can low-sodium black beans
- 1 16-oz can low-sodium chickpeas
- 12 oz boneless, skinless chicken breast
- 1 pint 1% cottage cheese
- 1 block reduced-fat jalapeño cheese
- 1 wheel Laughing Cow Light cheese
- 1 8-oz pkg part-skim mozzarella
- 1 pkg low-fat string cheese
- 1 dozen eggs
- ¼ lb sliced reduced-sodium nitrate-free ham
- 1 pint 1% buttermilk
- ½ gallon low-fat milk (skim or unsweetened rice, almond or soy milk)
- 10 oz lean pork chop
- 5 oz wild-caught salmon
- 4 oz fresh-cooked shrimp
- 1 14-oz container firm tofu
- 1 5-oz pouch tuna in water
- ¼ lb sliced deli fresh low-sodium turkey breast
- ½ lb 7% lean ground turkey
- 1 pint nonfat Greek-style yogurt
- 1 6-oz container nonfat Greek-style yogurt
- 1 8-oz container 2% Greek-style yogurt

VEGGIES/FRUITS

- 3 apples
- 1 avocado
- 2 bananas
- 1 bunch fresh basil
- ½ lb green beans
- 1 16-oz bag frozen broccoli
- 1 bag carrots
- 1 small container chives
- 1 16-oz bag frozen cranberries
- 1 16-oz bag frozen edamame
- 1 bulb garlic
- 1 lb grapes
- 1 head romaine lettuce
- 1 pint sliced baby bella mushrooms
- 1 onion
- 3 oranges
- 1 pear
- 1 red bell pepper
- 1 persimmon (or apple)
- 1 sweet potato
- 1 Yukon Gold potato
- 1 16-oz bag spinach
- 1 pint strawberries
- 1 16-oz bag frozen strawberries
- 2 lbs Roma tomatoes
- 1 jar organic low-sodium tomato sauce
- 1 quart Imagine Reduced Sodium Organic Creamy Tomato soup

Your 14-Day Clean Eating Shopping List

See the November/December 2009 issue of *Clean Eating* for two weeks of mix 'n' match meal plans to accompany these lists!

WHOLE GRAINS

- 1 loaf whole-grain quinoa bread
- 1 loaf fresh bakery whole-wheat bread
- 1 box Kashi TLC bars
- 1 box Kashi GoLean cereal
- 1 bag spelt flour
- 1 bag whole-wheat flour
- 1 pkg whole-wheat English muffins
- 1 container 5-minute oatmeal
- 1 box wild rice
- 1 box whole-wheat spaghetti
- 1 box reduced-fat Triscuits
- 1 pkg low-fat whole-wheat flax wraps

NUTS/SEEDS/OILS

- 1 jar unsalted almond butter
- 1 jar unsalted natural peanut butter
- 1 bottle extra-virgin olive oil
- 1 container olive oil-based spread
- 1 16-oz bag unsalted pecans
- 1 6-oz bag unsalted sunflower seeds

EXTRAS

- 1 container raw organic honey
- 1 container hummus
- 1 jar Dijon mustard
- 1 can olive oil cooking spray
- 1 container paprika
- 1 container ground black pepper
- 1 box baking powder
- 1 box unsweetened cocoa powder
- 1 container chocolate protein powder
- 1 jar low-sodium salsa
- 1 container sea salt
- 1 container baking soda
- 1 bottle pure vanilla extract
- 1 bottle balsamic vinegar
- 1 bottle red wine vinegar