

Clean Eating

Improving your life, one meal at a time.

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!

Your Shopping List - Week Two

PROTEINS & DAIRY

- 1 16-oz can low-sodium northern white beans
- 1 pkg bison burger patties (freeze remaining)
- 1 box vegetable burger patties (One to try: Dr. Praeger's California Veggie Burgers)
- ½ lb boneless, skinless chicken breast
- 5 oz cod
- ½ dozen eggs
- 2 oz sliced reduced-sodium nitrate-free ham
- 12 oz wild mahi mahi
- 1 qt low-fat milk (skim or unsweetened rice, almond or soy milk)
- 8 oz part-skim mozzarella
- 3 oz sliced deli-fresh low-sodium turkey breast
- 12 oz fully cooked deli-fresh lean turkey sausage
- 1 6-oz container nonfat Greek-style yogurt
- 1 pint low-fat plain yogurt

VEGGIES/FRUITS

- 4 apples
- 2 bananas
- 1 bag carrots
- 1 head cauliflower
- 1 bunch celery
- 1 cucumber
- 2 grapefruit
- 1 bunch kale
- 3 lemons
- 1 head Boston leaf lettuce
- 1 red onion
- 1 orange
- 1 bunch Italian flat-leaf parsley
- 1 parsnip
- 2 pears
- 1 16-oz can unsweetened pineapple, in own juices
- 1 pomegranate or 1 container fresh pomegranate seeds
- 2 sweet potatoes
- 1 16-oz bag baby spinach
- 2 cups Brussels sprouts
- 1 pint strawberries
- 1 lb tomatoes
- 1 container grape tomatoes
- 1 28-oz can no-salt-added diced tomatoes
- 1 yellow zucchini

WHOLE GRAINS

- 1 loaf fresh bakery whole-wheat bread
- 1 box Dr. Kracker's Snacker Crackers
- 1 box farro
- 1 box brown rice

NUTS/SEEDS/OILS

- 1 8-oz bag unsalted raw almonds

EXTRAS

- 2 qt low-sodium vegetable broth