

Clean Eating

Improving your life, one meal at a time.

Your 14-Day Clean Eating Meal Plan Shopping List

See the Jan/Feb 2010 issue of *Clean Eating* for two weeks of mix 'n' match meal plans to accompany these lists!

Your Shopping List - Week One

PROTEINS & DAIRY

- 8 oz dried or cooked Great Northern white beans
- 3 oz bison burger patty
- 1 pint 1% cottage cheese
- 1 block reduced-fat jalapeño cheese
- 1 8-oz pkg Jarlsberg Light or reduced-fat Swiss cheese
- 1 8-oz pkg part-skim mozzarella cheese
- 1 16-oz container part-skim ricotta cheese
- 1 pkg low-fat string cheese
- 1 dozen eggs
- 8 oz low-sodium uncured lean ham
- 1 qt low-fat milk (skim or unsweetened rice, almond or soy milk)
- 4 oz lean pork chop
- 10 oz wild-caught salmon
- 1 14-oz container firm tofu
- 1 6-oz can or pouch unsalted tuna in water
- 2 oz deli-fresh low-sodium turkey breast
- 2 6-oz containers nonfat Greek-style yogurt
- 1 16-oz container low-fat plain yogurt

VEGGIES/FRUITS

- 3 apples
- 1 bunch asparagus spears
- 1 avocado
- 3 bananas
- ¼ lb green beans
- 1 16-oz pkg frozen broccoli spears
- 1 lb bag carrots
- 1 bunch celery
- 1 box clementines
- 1 bulb garlic
- ½ lb red grapes
- 1 grapefruit
- 1 16-oz bag assorted salad greens
- 1 head romaine lettuce
- 1 pint sliced white mushrooms
- 1 red onion
- 1 yellow onion
- 1 pear
- 1 green bell pepper
- 1 red bell pepper
- 1 pomegranate
- 1 medium sweet potato
- 1 16-oz pkg frozen raspberries
- 1 bunch scallions
- 1 pint strawberries
- 3 Roma tomatoes

WHOLE GRAINS

- 1 loaf fresh-baked whole-wheat bread (from bakery dept)
- 1 box Nature's Path Optimum Banana Almond cereal
- 1 box Kashi TLC Honey Sesame crackers
- 1 pkg rye crispbreads
- 1 16-oz pkg whole-wheat pizza dough
- 1 bag whole-wheat flour
- 1 box Kashi TLC Chewy Trail Mix granola bars
- 1 container oatmeal
- 1 box whole-wheat fusilli pasta
- 1 box brown rice
- 1 box wild rice
- 1 pkg Arnold Select 100% Whole Wheat Sandwich Thins
- 1 pkg low-fat whole-wheat wraps

NUTS/SEEDS/OILS

- 1 6-oz bag unsalted raw cashews
- 16 oz ground flaxseeds
- 1 bottle extra-virgin olive oil
- 1 container olive oil-based spread
- 1 jar unsalted natural peanut butter
- 1 12-oz bag unsalted sunflower seeds

EXTRAS

- 1 8-oz bag unsweetened dried apricots
- 1 container hummus
- 1 jar Dijon mustard
- 1 container dried oregano
- 1 container dried parsley flakes
- 1 container ground black pepper
- 1 container red pepper flakes
- 1 container vanilla protein powder
- 1 container low-sodium salsa
- 1 jar organic low-sodium tomato sauce
- 1 qt low-sodium tomato soup (One to try: Imagine Light in Sodium Creamy Garden Tomato Soup)
- 1 container stevia (or other CE-approved sweetener)
- 1 container dried thyme
- 1 bottle balsamic vinegar
- 1 bottle white wine vinegar