

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 Two

PROTEINS & DAIRY

- 1 lb extra-lean ground beef
- 3 oz extra-lean roast beef
- 4 oz boneless, skinless chicken breast
- 1 8-oz can chickpeas or fresh from bag
- ½ dozen eggs
- 5 oz Pacific halibut fillet
- 8 oz tilapia fillets
- 2 oz low-sodium uncured lean ham
- 1 container low-fat raspberry kefir
- 1 qt low-fat milk (skim or unsweetened rice, almond or soy milk)
- 12 large shrimp
- 6 oz deli-fresh low-sodium turkey breast
- 6-oz container nonfat Greek-style yogurt
- 1 16-oz container low-fat plain yogurt

VEGGIES/FRUITS

- 2 apples
- 3 bananas
- 1 bunch basil
- 1 16-oz bag frozen blueberries
- 1 bunch broccoli
- 1 12-oz bag frozen yellow corn
- 2 large cucumbers
- 1 small eggplant
- 1 grapefruit
- 1 small bunch kale
- 2 kiwi
- 1 head romaine lettuce
- 1 red onion
- 1 yellow onion
- 2 pears
- 1 red bell pepper
- 1 Yukon Gold potato
- 1 16-oz bag baby spinach
- 3 Roma tomatoes

WHOLE GRAINS

- 1 box whole-wheat elbow macaroni
- 1 pkg whole-wheat English muffins

EXTRAS

- 1 container sea salt
- 1 16-oz can low-sodium lentil soup