

Clean Eating

Improving your life, one meal at a time.

Your Shopping List - Week One

PROTEINS & DAIRY

- 1 32-oz bag dried black beans
- 2 4-oz catfish fillets
- 1 pint 1% cottage cheese
- 1 8-oz pkg goat cheese
- 1 block reduced-fat jalapeño cheese
- 1 8-oz pkg part-skim mozzarella
- 1 pkg low-fat string cheese
- 5 oz light Swiss cheese
- 8 oz boneless, skinless chicken breast
- 1 dozen eggs
- 1 pint egg whites
- 1/2 gallon low-fat milk (skim or unsweetened rice, almond or soy milk)
- 1 qt unsweetened plain soy milk
- 1 box veggie patties (Try: Amy's Veggie Burgers)
- 8 oz lean pork chop
- 6 oz lean sliced roast beef
- 5 oz tilapia fillet
- 1 3-oz pouch water-packed tuna, unsalted
- 2 16-oz containers nonfat Greek-style yogurt

VEGGIES/FRUITS

- 3 apples
- 1 jar artichokes or 1 pkg frozen artichokes
- 1 bunch asparagus spears
- 1 avocado
- 2 bananas
- 1 bunch fresh basil
- 1 bag carrots
- 1 bunch celery
- 1 16-oz pkg frozen corn
- 2 cucumbers
- 1 16-oz pkg frozen edamame
- 1 small eggplant
- 1 bulb garlic
- 1 grapefruit
- 1 lemon
- 1 head Boston lettuce
- 1 head romaine lettuce
- 1 bunch mint leaves
- 1 pint sliced white mushrooms
- 1 red onion
- 1 medium yellow onion
- 2 oranges
- 1 bunch flat-leaf parsley
- 3 red bell peppers
- 1 pineapple
- 1 medium sweet potato
- 1 4-oz bag unsweetened raisins
- 1 pint raspberries
- 1 16-oz bag spinach
- 1 pint strawberries

Your 14-Day Clean Eating Meal Plan Shopping List

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

- 1 16-oz pkg frozen strawberries
- 1 box grape tomatoes
- 3 Roma tomatoes
- 1 jar low-sodium tomato sauce
- 2 zucchini

WHOLE GRAINS

- 1 large whole-wheat baguette (from bakery dept.)
- 1 box Post Shredded Wheat Spoon Size Original cereal
- 1 box whole-wheat woven wheat crackers
- 1 pkg whole-wheat English muffins
- 1 container rolled oats
- 1 pkg whole-wheat pitas
- 1 pkg quinoa
- 1 box wild rice
- 1 pkg whole-wheat rolls
- 1 box whole-wheat spaghetti

NUTS/SEEDS/OILS

- 1 jar unsalted almond butter
- 1 bottle extra-virgin olive oil
- 1 16-oz jar unsalted raw peanuts
- 1 12-oz bag unsalted sunflower seeds
- 1 6-oz bag unsalted walnuts

EXTRAS

- 1 Orange Cranberry Gnu Bar
- 1 container ground cinnamon
- 1 container ground cumin
- 1 container garlic powder
- 1 container hummus
- 1 jar Dijon mustard
- Olive oil cooking spray
- 1 container dried oregano
- 1 container ground black pepper
- 1 container chocolate protein powder
- 1 jar low-sodium salsa
- 1 container Cajun spices
- 1 container stevia powder
- 1 container dried thyme
- 1 bottle balsamic vinegar
- 1 bottle rice wine vinegar