

Clean Eating

Improving your life, one meal at a time.

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!

Your Shopping List - Week Two

PROTEINS & DAIRY

- 14 oz boneless, skinless chicken breast
- 1 32-oz bag dried chickpeas
- 1 qt low-fat milk (skim or unsweetened rice, almond or soy milk)
- 1 pkg salmon patties
- 1 lb top-round buffalo steak or lean beef stew meat
- 1 3-oz pouch water-packed tuna, unsalted
- 1 14-oz container firm tofu
- 5 oz trout
- 2 6-oz containers nonfat Greek-style yogurt

VEGGIES/FRUITS

- 1 apple
- 1 avocado
- 1 banana
- 1 16-oz bag frozen blueberries
- 2 lbs fresh broccoli or 2 14-oz bags frozen broccoli florets
- 1 16-oz pkg frozen cherries
- 1 cucumber
- 1 bulb garlic
- 1 grapefruit
- 3 kiwis
- 3 lemons (2 lemons optional)
- 1 head romaine lettuce
- 1 red onion
- 1 large yellow onion
- 3 oranges
- 1/2 lb snow peas
- 1 medium sweet potato
- 1 16-oz bag baby spinach
- 6 Roma tomatoes
- 1 6-oz jar tomato paste

NUTS/SEEDS/OILS

- 1 container unsalted sesame seeds
- 1 jar sesame tahini

EXTRAS

- 1 container bay leaves
- 1 container dried coriander
- 1 container paprika
- 1 container cayenne pepper (optional)
- 1 small jar saffron (optional)
- 1 16-oz container mushroom soup
(Try: Imagine Creamy Portobello Mushroom Soup)
- 1 bottle low-sodium soy sauce
- 1 container turmeric