

Clean Eating

Improving your life, one meal at a time.

Four Weeks of Clean-Eating Shopping Lists

Print this off and take it to the market with you. See the Fall issue of *Clean Eating* for four weeks of mix 'n' match meal plans to accompany these lists!

Your Shopping List - Week Four

DAIRY & PROTEIN

- 1/2 gallon low-fat milk (regular, soy or almond)
- 4 eggs
- 1/2 lb shrimp (precooked and frozen)
- 11 oz canned white (albacore) tuna
- 1 large container low-fat plain yogurt (or soy yogurt)
- 18 oz extra-firm tofu
- 3 oz seitan
- 6 oz extra-lean ground turkey (or soy protein crumbles)
- 1 can low-sodium pinto beans
- 2 cans low-sodium chickpeas (garbanzo beans)
- 1 can low-sodium navy beans
- 1 can low-sodium, organic refried beans
- 1 can of your favorite low-sodium lentil and vegetable soup
- 1 box of your favorite soy/veggie breakfast sausage (or lean turkey sausage)
- 1 bag frozen edamame

PRODUCE

- 2 oranges
- 4 Gala apples
- 2 pears
- 11/2 lbs mushrooms
- 1 bunch scallions (green onions)
- 1/2 lb snow peas
- 3 large green bell peppers
- 1 large avocado
- 2 lbs carrots
- 2 lbs celery
- 1/2 lb snap peas
- 2 large cucumbers
- 3 medium yellow onions
- 2 large red bell peppers
- 2 heads (or bags) iceberg lettuce
- 2 heads (or bags) romaine lettuce
- 1 large bunch fresh spinach
- 1 can pumpkin
- 1 small shallot
- 1 small bunch fresh cilantro
- 1 head (or bunch) napa cabbage or bok choy
- 1 small bunch fresh basil
- 1 small bunch parsley
- 1 bag frozen berries
- 1 can (or jar) artichokes
- 2 medium portobello mushrooms
- 1 small container orange juice (freshly squeezed)
- Fresh garlic (if needed)
- Fresh ginger (if needed)

GRAINS

- 1 small bag quinoa (if needed)
- 1 loaf sprouted grain bread (if needed)
- 1 large whole-grain frozen pizza crust (or 2 small crusts)

NUTS/SEEDS/OILS

- 1 jar natural organic almond butter
- 1/2 lb bag organic raw unsalted walnuts
- 1 small bottle walnut oil (if needed)

EXTRAS

- 1 jar marinara sauce
- 1 small bottle Dijon mustard
- 1 container vanilla protein powder (if needed)