

Clean Eating

Improving your life, one meal at a time.

Your Shopping List - Week One

DAIRY & PROTEIN

- 1/2 gallon low-fat milk (regular, soy or almond)
- 16 eggs
- 1 carton Omega-3 eggs
- 1/2 lb shrimp (precooked and frozen)
- 1 large container low-fat plain yogurt (or soy yogurt)
- 14 oz extra-firm tofu
- 6 oz white fish (or extra-firm tofu)
- 6 oz lean poultry (or extra-firm tofu)
- 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
- 3 cans low-sodium lentil and vegetable soup
- 2 boxes of your favorite soy/veggie breakfast sausage (or lean turkey sausage)
- 6 oz tempeh
- 2 oz seitan jerky (or turkey)
- 1 box frozen sunflower burgers (or other nut-based burgers)

PRODUCE

- 2 oranges
- 4 Gala apples
- 1 lb mushrooms
- 1 bunch scallions (green onions)
- 1/2 lb snow peas
- 2 large green bell peppers
- 1 large avocado
- 1 lb carrots
- 1 bag baby carrots
- 1 lb celery
- 1 lb broccoli
- Fresh ginger
- Fresh garlic
- 2 large bags frozen-vegetable blends (for stir-frys)
- 1/2 lb snap peas
- 1 large cucumber
- 1 head (or bag) iceberg lettuce
- 2 heads (or bags) romaine lettuce
- 1 bunch fresh spinach
- 1 small container orange juice (fresh squeezed)
- 1 small bunch fresh parsley
- 1 small shallot
- 1 small bunch fresh cilantro
- 1 head (or bunch) napa cabbage or bok choy
- 2 or 3 medium yellow onions
- 1 red onion
- 2 large red bell peppers
- 1 small bunch fresh basil
- 2 bags frozen berries
- 1 small bunch grapes

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!

GRAINS

- 1 small box quinoa
- 1 loaf sprouted grain bread
- 1 package sprouted grain or corn tortillas
- 1 large container old-fashioned rolled oats
- Buckwheat pancake mix

NUTS/SEEDS/OILS

- 1/2 lb organic raw unsalted walnuts
- 1/2 lb organic raw unsalted almonds
- 1 bag ground flaxseed
- 1 bag flax meal
- 1 small bottle peanut oil
- 1 small bag sesame seeds
- 1 small bottle extra-virgin olive oil
- 1 small bottle flaxseed oil
- 1 small bottle cold-pressed sesame seed oil
- 1 small bottle walnut oil
- 1 small can olive oil cooking spray
- 1 jar natural organic peanut butter
- 1 jar natural organic unsalted almond butter
- 1 small bottle organic canola oil
- 1 small bag pine nuts

EXTRAS

- chocolate and vanilla protein powder
- 1 small container of your favorite greens powder supplement
- 1 small bottle reduced-sodium soy sauce
- Nutmeg
- Cinnamon
- Sea salt
- Black pepper
- Cumin
- Paprika
- Curry powder
- Turmeric
- Garlic powder
- Organic salsa
- 1 small bag rice-paper wraps
- 1 small container organic dark chocolate chips
- 1 small bottle apple cider vinegar
- 2 cans light coconut milk
- 1 can pumpkin (unsalted)
- 1 can mandarin oranges
- Mint tea
- Stevia or any other CE-approved sweetener