

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 Three

DAIRY & PROTEIN

- 1/2 gallon low-fat milk (regular, soy or almond)
- 4 eggs
- 1 carton Omega-3 eggs
- 1/2 lb shrimp (precooked and frozen)
- 1 large container low-fat plain yogurt (or soy yogurt)
- 9 oz extra-firm tofu (or lean poultry)
- 8 oz soy crumbles (or lean ground turkey)
- 6 oz lean poultry (or lean fish or tofu)
- 6 oz soy (or lean turkey) sausage
- 1 pkg frozen soy/veggie sausage
- 3 oz tempeh (or tempeh bacon)
- 4 oz lean poultry (or seitan)
- 4 oz seitan
- 1 can low-sodium pinto beans
- 2 cans low-sodium chickpeas (garbanzo beans)
- 1 can low-sodium navy beans
- 2 cans of your favorite low-sodium vegetarian chili
- 1 bag frozen edamame
- 1 small pkg soy or organic cheese

PRODUCE

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

GRAINS

- 1 small bag organic unsalted corn chips
- 1 loaf multi-grain bread
- 1 bag sprouted grain or corn tortillas
- 1 small box quinoa (if needed)
- 1 loaf sprouted grain bread (if needed)

NUTS/SEEDS/OILS

- 1/2 lb organic raw walnuts unsalted
- 1 jar natural organic peanut butter unsalted
- 1 bag ground flaxseed (if needed)
- 1 bag flax meal

EXTRAS

- 1 can light coconut milk
- 2 containers of your favorite chocolate protein powder (you'll probably need more, depending on the size of your first container)
- 1 small can pineapple (packed in natural juices)