

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 Two*

DAIRY & PROTEIN

- 1/2 gallon low-fat milk (regular, soy or almond)
- 18 eggs
- 1/2 lb shrimp (precooked and frozen)
- 5 oz can white (albacore) tuna
- 1 large container low-fat plain yogurt (or soy yogurt)
- 9 oz extra-firm tofu
- 5 oz wild salmon
- 1 can low-sodium kidney 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 broth-based soup
- 2 boxes of your favorite soy/veggie breakfast sausage (or lean turkey sausage)
- 3 oz seitan jerky (or turkey)
- 1 small pkg soy or organic cheese
- 1 small container soy or organic sour cream

PRODUCE

- 1 orange
- 5 Gala apples
- 1 banana
- 1 1/2 lbs mushrooms
- 1 bunch scallions (green onions)
- 1 lb snow peas
- 3 large green bell peppers
- 1 large avocado
- 1 lb carrots
- 2 lbs celery
- 1 lb broccoli
- 2 large bags frozen-vegetable blends (for stir-frys)
- 1/2 lb snap peas
- 2 large cucumbers
- 1 medium zucchini
- 2 heads (or bags) iceberg lettuce
- 2 heads (or bags) romaine lettuce
- 1 bunch fresh spinach
- 1 small container orange juice (fresh squeezed)
- 1 small shallot
- 1 small bunch fresh cilantro
- 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 parsley
- 2 bags frozen berries

NUTS/SEEDS/OILS

- 1/2 lb organic raw unsalted walnuts
- 1/2 lb organic raw unsalted almonds
- 1 bag ground flaxseed (if needed)

EXTRAS

- 1 can light coconut milk
- 1 can pumpkin (unsalted)