

# Clean Eating

Improving your life, one meal at a time.

## Your 14-Day Clean Eating Shopping List

See the Jan/Feb 2009 issue of *Clean Eating* for two weeks of mix 'n' match meal plans to accompany these lists!

### Your Shopping List - Week One

#### PROTEINS & DAIRY

- 2 cans low-sodium pinto beans
- 1 lean ground beef patty or 1 box Boca meatless burger patties
- 1 can low-sodium chicken broth (or vegetable broth)
- 1 pkg low-fat mozzarella cheese
- 1 egg
- 6 oz fish of choice (or extra-firm tofu)
- Small container of hummus
- 1/2 gallon skim milk (or your favorite alternative like soy, almond or rice)
- 1 lb fresh deli chicken sausage
- 4 oz soy/veggie breakfast sausage
- 2 oz turkey sausage (or seitan jerky)
- 1 small pkg seitan (also called "wheat meat")
- 1 can low-sodium lentil and vegetable soup
- 5 oz tempeh
- 6 oz tilapia (or tempeh)
- 1 can albacore tuna (or low-sodium garbanzo beans)
- 6 oz turkey breast (or extra-firm tofu)
- 6 oz extra-lean ground turkey (or soy "meat" crumbles)
- 1 small container plain, low-fat yogurt (or soy)

#### VEGGIES/FRUITS

- 2 apples
- 2 cups fresh berries of choice
- 1 small container unsweetened applesauce
- 1 small avocado
- 4 large bell peppers (color of choice)
- 2 bags frozen berries
- 1 lb broccoli for mixed veggies
- 1 1/2 lb carrots
- 2 lb celery
- 1 large cucumber
- 1 small bunch grapes
- 4 leeks
- 1 lemon
- 3 heads lettuce
- 3 large Portobello mushrooms
- 1 small bunch green onions
- 3 large yellow onions
- 2 oranges
- 1 small bunch fresh parsley
- 1 peach
- 1 pear
- 1 1/2 lb sugar snap peas
- 1 lb dried green split peas
- 1 small bunch fresh spinach
- 1 large red tomato
- 1 large bag frozen vegetable blend

#### WHOLE GRAINS

- 1 bag whole-wheat buns
- 1 loaf multigrain bread
- 1 large container old-fashioned rolled oats
- 1 box buckwheat pancake mix
- 1 box quinoa (and/or wild rice)
- 1 small pkg brown rice cakes
- 1 pkg tortillas (multigrain or corn)

#### NUTS/SEEDS/OILS

- 1 container or bag of almonds, unsalted
- 1 large jar natural almond butter, unsalted
- 1 large jar natural peanut butter, unsalted
- 1 container ground flaxseeds
- 1 bottle roasted almond oil
- 1 can olive oil cooking spray
- 1 bottle extra-virgin olive oil
- 1 small container sesame seeds
- 1 lb raw walnuts, unsalted

#### EXTRAS

- 1 container agave nectar
- 1 large container vanilla protein powder
- Bay leaves
- Cinnamon
- Dill (fresh or partly dried)
- Dijon mustard
- Honey
- Pure maple syrup
- Ground black pepper
- 1 jar pickles
- 1 container low-sodium salsa
- Sea salt
- 1 pkg wet seaweed
- 1 pkg wooden skewers
- Organic tea(s) of choice
- Vanilla extract
- Vinegar (apple cider)