

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 Two

PROTEINS & DAIRY

- 1 can low-sodium kidney beans
- 2 lean ground beef patties (refrigerate 1 and freeze 1 until use)
- 1 small package low-fat cheese of choice
- 5 oz chicken breast (or extra-firm tofu)
- 2 cans organic vegetarian chili
- 3 eggs
- 1 container hummus
- 1/2 gallon skim milk (or your favorite alternative like soy, almond or rice)
- 6 oz wild salmon (or tempeh)
- 1 lb fresh deli chicken sausage
- 6 oz soy/veggie breakfast sausage
- 3 oz turkey sausage (or seitan jerky)
- 1 small pkg seitan (also called "wheat meat")
- 4 oz extra-firm tofu
- 1 can albacore tuna (or low-sodium garbanzo beans)
- 2 small containers plain, low-fat yogurt (or soy)
- 1 can low-sodium chicken broth (or vegetable broth)

VEGGIES/FRUITS

- 2 cups fresh berries of choice
- 3 medium apples
- 1 small container unsweetened applesauce
- 1 medium avocado
- 1 banana
- 2 bags frozen berries
- 1 small bunch broccoli for mixed veggies
- 1 1/4 lb carrots
- 1 1/2 lb celery
- 1/4 lb cherries (fresh or frozen)
- 2 small cucumbers
- 4 leeks
- 1 head lettuce
- 1 lb mushrooms
- 2 large Portobello mushrooms
- 1 bunch green onions
- 2 large yellow onions
- 1 orange
- 1 small bunch fresh parsley
- 1 pear
- 1 lb dried green split peas
- 3 large bell peppers
- 2 lb fresh spinach
- 1 lb squash
- 2 bags frozen vegetables blends
- 1 medium zucchini

WHOLE GRAINS

- 1 loaf multigrain bread
- 1 box quinoa (and/or wild rice), if needed
- 1 pkg multigrain tortillas

EXTRAS

- 1 large container vanilla protein powder, if needed
- 1 jar organic relish
- 1 jar low-sodium salsa

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