

# Clean Eating

Improving your life, one meal at a time.

## Your 14-Day Clean Eating Shopping List

See the March/April 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

- 1 cup reduced-fat cheese
- 1½ cups low-fat cottage cheese
- 2 tbsp reduced-fat feta cheese
- 1 low-fat string cheese
- 2 oz chicken breast or firm tofu
- 3 oz cooked chicken breast
- 1¼ cups chickpeas
- 5 oz cod
- 22 eggs
- 3 oz lean fresh deli ham
- ½ gallon low-fat milk (skim or unsweetened soy, almond or rice milk)
- 1 oz part-skim mozzarella
- 9 oz wild-caught salmon
- 4 pieces salmon sushi
- 6 pieces assorted sashimi
- 1 can low-sodium lentil soup
- 1 4-oz can tuna, packed in water
- 3 fresh deli turkey slices or vegetarian turkey slices
- 1 6-oz container plain low-fat yogurt or soy yogurt
- 11 oz nonfat Greek yogurt

#### VEGGIES/FRUITS

- 2 apples
- 3 avocados
- 3 bananas
- 2 cups green beans
- 1½ cups blackberries
- 1 cup broccoli florets
- 1 head green cabbage
- 2 cantaloupes
- 1 large bag baby carrots
- ½ cup celery
- 1 cucumber
- 1½ cup edamame
- 30 grapes
- 3 cups salad greens
- 1 jicama
- 1 head romaine lettuce
- 1 small bag frozen mango
- 15 mint leaves
- 1 small container mushrooms of choice
- 1 large onion
- 2 medium oranges
- ¾ cup roasted red peppers
- 1 medium Yukon Gold potato
- ½ cup raspberries
- 1 bunch fresh spinach
- 1 bag frozen strawberries
- 2 large tomatoes
- 25 grape tomatoes
- 1 cup spinach or watercress or salad greens

#### WHOLE GRAINS

- 1 box whole-grain crackers
- 1 pkg Ryvita Crispbreads
- 1 box Kashi TLC granola bars
- 1 bag whole-wheat English muffins
- 1 pkg oatmeal
- 1 box whole-wheat penne
- 1 pkg whole-wheat pita
- 1 box or bag wild rice
- 1 pkg natural rice cakes
- 1 loaf spelt bread
- 1 pkg whole-wheat flax tortillas
- 1 box shredded wheat

#### NUTS/SEEDS/OILS

- 1 bag unsalted almonds
- 1 jar unsalted almond butter
- 1 jar natural unsalted peanut butter
- Ground flaxseeds
- 1 bottle extra-virgin olive oil
- 1 tbsp pumpkin seeds
- 8 walnuts

#### EXTRAS

- Agave nectar
- 10 pieces dried apricots
- 1 can/jar artichokes in water
- 1 container hummus
- 1 jar Dijon mustard
- Paprika
- Ground black pepper
- 1 small container 70% cacao powder
- 1 small container chocolate protein powder
- Sea salt
- 1 bottle sesame sauce
- 1 jar low-fat tomato sauce
- 1 can miso soup
- 1 bottle balsamic vinegar
- 1 small bottle red wine vinegar