

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 Two

PROTEINS & DAIRY

- 1 12-oz can white beans
- 1 can low-sodium chicken broth
- 4 oz cooked turkey burger (93% lean) or veggie burger
- 1 veggie burger patty
- 2 oz reduced-fat cheese
- 1½ cup low-fat cottage cheese
- 1 low-fat string cheese
- 1 pkg Laughing Cow Light cheese wedges
- 2¼ lb boneless, skinless chicken breast
- 1 can Amy's organic chili
- 5 eggs
- 12 oz low-fat peach kefir
- ½ gallon low-fat milk (skim or unsweetened soy, almond or rice milk)
- 4 oz pork chop
- 5 oz wild-caught salmon
- 2 veggie sausage links
- 5 oz firm tofu
- 1 4-oz can tuna, packed in water
- 1 cup plain low-fat yogurt
- 1 cup nonfat Greek yogurt

VEGGIES/FRUITS

- 1 Gala apple
- 2 avocados
- 1 medium banana
- 3 cups green beans
- 1 cup broccoli
- 1 head green cabbage
- 1 small bunch carrots
- 1 stalk celery
- 1 head garlic
- 1 grapefruit
- 70 grapes
- 1 large kiwi
- 2 bunches leeks
- 2 lemons
- 1 head romaine lettuce
- 2 medium onions
- 1 orange
- 1 parsnip
- 1 pear
- 1 pineapple
- 1 medium sweet potato
- 2 cups raspberries
- 1 small bunch spinach
- 1 bag frozen strawberries
- 1 large tomato
- 1 plum tomato

WHOLE GRAINS

- 1 box/bag pearly barley
- 1 loaf multigrain bread
- 1 box Fiber One Cereal
- 1 box Kashi GoLean cereal
- 1 box Nature's Path Heritage Flakes
- 1 small bag whole-wheat flour
- 2 medium whole-wheat rolls
- 1 box Kashi GoLean waffles

NUTS/SEEDS/OILS

- 1 small bottle walnut oil
- 30 unsalted peanuts
- 2 oz toasted pine nuts
- 2 tbsp pumpkin seeds
- 10 walnuts

EXTRAS

- 5 dried apricots
- 2 cans/jars artichokes in water
- 2 bay leaves
- Cinnamon
- Oregano
- 1 can/jar pineapple juice
- Dried parsley
- 1 small bottle low-sugar BBQ sauce
- 1 small bottle low-sodium soy sauce
- 1 small container apple cider vinegar
- 1 small bottle white wine vinegar
- Thyme