

Clean Eating

Improving your life, one meal at a time.

Your 14-Day Clean Eating Shopping List

See the May/June 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 15-oz can black beans
- 1 pkg low-fat cheddar, rice or soy cheese
- 1 pint low-fat cottage cheese
- 1 container Laughing Cow Light cheese
- 1 pkg low-fat string cheese
- 8 oz chicken breast
- 1 bag frozen edamame
- 1 dozen eggs
- ¼ lb deli-fresh lean ham
- 32 oz low-fat peach kefir
- 5 oz mahi mahi
- ½ gallon low-fat milk (skim or unsweetened rice, almond or soy milk)
- 1 16-oz pkg part-skim mozzarella
- 1 lb lean pork cutlet
- 1 can salmon in water
- 1 can tuna in water
- ½ lb deli-fresh turkey breast
- 1 pkg veggie burgers
- 1 pkg veggie sausages
- 1 pint plain low-fat yogurt
- 1 6-oz container nonfat Greek yogurt

VEGGIES/FRUITS

- 1 apple
- 1 bunch asparagus
- 1 avocado
- 2 bananas
- 1 medium cantaloupe
- 1 bag baby carrots
- 1 bag frozen corn
- 1 small bag dried cranberries
- 1 bulb garlic
- 1½ lbs grapes
- 1 jicama
- 2 kiwis
- 1 16-oz bag lettuce greens
- 1 pint sliced mushrooms
- 1 red onion
- 1 orange
- 2 plums
- 1 green bell pepper
- 2 red bell peppers
- 1 bunch scallions
- 1 16-oz bag baby spinach
- 2 pints strawberries
- 1 bag frozen strawberries
- 2 lbs sweet potatoes
- 5 on-the-vine tomatoes

WHOLE GRAINS

- 1 loaf Ezekiel sprouted grain bread
- 1 box Kashi GoLean cereal
- 1 box Kashi TLC crackers
- 1 box whole-wheat Triscuit crackers
- 1 pkg whole-wheat English muffins
- 1 box Kashi Crunchy granola bars
- 1 bag steel-cut oats
- 1 box whole-wheat penne
- 1 box Newman's Own Organics No Butter/No Salt 94% Fat Free popcorn
- 1 bag wild rice
- 1 pkg Arnold Select 100% Whole Wheat Sandwich Thins
- 1 pkg low-fat whole-wheat flax wraps

NUTS/SEEDS/OILS

- 12 oz bag raw almonds
- 6 oz bag hazelnuts
- 1 bottle canola oil
- 1 bottle extra-virgin olive oil
- 1 jar unsalted natural peanut butter
- 1 container olive oil-based spread

EXTRAS

- 1 container chile powder
- 1 container cumin
- 1 container hummus
- 1 container dried oregano
- 1 container dried parsley
- 1 container ground black pepper
- 1 can pineapple in its own juice
- 1 container vanilla protein powder
- 1 container dried rosemary
- 1 container dried thyme
- 1 jar low-sodium tomato sauce
- 1 bottle apple cider vinegar
- 1 bottle balsamic vinegar