

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 Two

PROTEINS & DAIRY

- 1 can low-sodium organic refried beans
- 1/3 lb lean ground beef
- 1 can chickpeas
- 1/2 gallon low-fat milk (skim or unsweetened rice, almond or soy milk)
- 4 oz lean pork cutlet
- 6 oz wild-caught salmon
- 1/2 lb peeled, cooked shrimp
- 5 oz top sirloin
- 1 can Health Valley Black Bean soup
- 1 5-oz container firm tofu
- 1 can tuna in water
- 1 6-oz container nonfat Greek yogurt

VEGGIES/FRUITS

- 1 bunch asparagus
- 1 avocado
- 3 bananas
- 1/4 lb green beans
- 1 head broccoli
- 1 cantaloupe
- 1 bunch fresh cilantro
- 1 grapefruit
- 1 16-oz bag salad greens
- 1 small jalapeño
- 1 kiwi
- 1 lemon
- 1 mango
- 1 8-oz container mushrooms
- 1 red onion
- 1 peach
- 1 red bell pepper
- 1 medium Yukon Gold potato
- 1 pkg fresh sage
- 3 shallots
- 1 16-oz bag baby spinach
- 1 pint strawberries

WHOLE GRAINS

- 1 bag pearly barley
- 1 box Fiber One cereal
- 1 pkg rye crispbreads

NUTS/SEEDS/OILS

- 1 16-oz bag raw cashews
- 1 small container pine nuts
- 1 bag sunflower seeds

EXTRAS

- 1 15-oz can artichokes in water
- 1 Balance Pure Bar Cherry Pecan
- 1 qt low-sodium vegetable broth
- 1 small jar no-sugar-added all-fruit jam
- 1 bottle Dijon mustard
- 1 bottle white wine vinegar