

Clean Eating

Improving your life, one meal at a time.

Your 14-Day Clean Eating Shopping List

See the July/August 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 low-sodium white beans
- 1 block reduced-fat cheddar cheese
- 1 pint low-fat cottage cheese
- 1 4-oz container reduced-fat feta cheese
- 1 block reduced-fat jalapeño cheese
- 1 8-oz pkg part-skim mozzarella
- 1 pkg low-fat string cheese
- 10 oz boneless, skinless chicken breast
- 1 cup edamame
- 1 dozen eggs
- 4 oz low-sodium uncured lean ham
- ½ gallon low-fat milk (skim or unsweetened rice, almond or soy milk)
- ½ lb lean pork cutlet
- 6 oz wild-caught salmon
- 6 pieces assorted sashimi
- 4 pieces assorted sushi
- 1 5-oz container firm tofu
- 1 can tuna in water
- 1¼ lb 99% lean ground turkey
- 4 oz low-sodium roasted turkey breast
- 1 1-cup container nonfat Greek yogurt
- 1 pint low-fat plain yogurt

VEGGIES/FRUITS

- 1 apple
- 1 banana
- ½ lb green beans
- 1 pint blueberries
- 1 bunch broccoli rabe
- 1 bag baby carrots
- 2 cucumbers
- 1 bulb garlic
- 2½ lbs grapes
- 2 kiwis
- 1 16-oz bag salad greens
- 1 mango
- 1 pint sliced mushrooms
- 3 nectarines
- 1 red onion
- 1 white onion
- 1 orange
- 2 peaches
- 1 orange bell pepper
- 2 red bell peppers
- 1 yellow bell pepper
- 2 sweet potatoes
- 2 6-oz pkg raspberries
- 1 8-oz bag baby spinach
- 2 pints strawberries
- 1 container grape tomatoes

VEGGIES/FRUITS (continued)

- 4 on-the-vine tomatoes
- 1 medium watermelon
- 1 zucchini

WHOLE GRAINS

- 1 loaf rye bread
- 1 loaf whole-wheat bread
- 1 box Fiber One cereal
- 1 box Nature's Path Organic Flax Plus Multibran cereal
- 1 box Dr. Kracker's Seeded Spelt crackers
- 1 pkg Ryvita crispbreads
- 1 pkg whole-wheat English muffins
- 1 box Kashi Crunchy granola bars
- 1 pkg whole-wheat pitas
- 1 box brown rice
- 1 box wild rice
- 1 pkg multigrain rolls
- 1 box whole-wheat spaghetti
- 1 pkg low-fat whole-wheat flax wraps

NUTS/SEEDS/OILS

- 1 jar unsalted almond butter
- 1 6-oz bag unsalted raw cashews
- 1 bottle extra-virgin olive oil
- 1 jar unsalted natural peanut butter
- 1 12-oz bag unsalted walnuts

EXTRAS

- 1 container hummus
- 1 cup miso soup
- 1 jar Dijon mustard
- 1 jar agave nectar
- 1 container ground black pepper
- 1 container cayenne pepper
- 1 container vanilla protein powder
- 1 jar low-sodium salsa
- 1 container dried Italian seasonings
- 1 container olive oil-based spread
- 1 box stevia
- 1 bottle low-sodium natural tomato juice
- 1 jar low-sodium tomato sauce
- 1 bottle balsamic vinegar
- 1 bottle red wine vinegar