

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 Two

PROTEINS & DAIRY

- 1 can low-sodium black beans
- 3 oz extra-lean roast beef
- 3 oz turkey breast
- 1 box veggie burgers
- 1 container Laughing Cow Light cheese
- 1 lb boneless, skinless chicken breast
- 4 oz low-sodium deli-roasted chicken breast
- 5 oz cod
- 1 bag frozen edamame
- 2 oz low-sodium uncured lean ham
- 1 quart low-fat milk (skim or unsweetened rice, almond or soy milk)
- 4 oz wild-caught salmon
- 1 1-cup container nonfat Greek yogurt

VEGGIES/FRUITS

- 1 apple
- 1 apricot
- 1 bunch arugula
- 1 avocado
- 2 bananas
- 1 pint blueberries
- 1 cantaloupe
- 1 container corn
- 1 cucumber
- 1 16-oz bag salad greens
- 1 honeydew
- 1 kiwi
- 1 lemon
- 1 lime
- 1 red onion
- 1 peach
- 1 red bell pepper
- 1 plum
- 1 medium Yukon Gold potato
- 1 6-oz pkg raspberries
- 1 16-oz bag baby spinach
- 2 pints strawberries
- 1 bag frozen strawberries
- 2 tomatoes

WHOLE GRAINS

- 1 container oatmeal
- 1 box whole-wheat rotini
- 1 box Kashi Heart to Heart waffles

NUTS/SEEDS/OILS

- 1 jar unsalted dry-roasted peanuts
- 1 small container pine nuts
- 1 6-oz bag unsalted dry-roasted pistachios
- 1 bag unsalted sunflower seeds

EXTRAS

- 1 container cinnamon
- 1 container garlic powder
- 1 container ground ginger
- 1 small jar horseradish
- 1 container chocolate protein powder