

Clean Eating

Improving your life, one meal at a time.

Your 14-Day Clean Eating Shopping List

See the September/October 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 8-oz can low-sodium black beans
- 4 oz extra-lean ground beef
- 3 oz extra-lean roast beef
- 1 block reduced-fat cheddar cheese
- 1 pint 1% cottage cheese
- 1 block reduced-fat jalapeño cheese
- 1 8-oz pkg part-skim mozzarella
- 1 pkg low-fat string cheese
- 11 oz boneless, skinless chicken breast
- 1 8-oz can chickpeas
- 1 dozen eggs
- 1 lb Pacific halibut
- 4 oz nitrate-free low-sodium lean ham
- ½ gallon low-fat milk (skim or unsweetened rice, almond or soy milk)
- 1 pint 1% buttermilk
- 5 oz wild-caught salmon
- 14 oz container firm tofu
- 1 7-oz can tuna in water
- 5 oz deli-fresh low-sodium turkey breast
- 1 cup nonfat Greek-style yogurt
- 1 12-oz container Cedar's Tzatziki - Greek Strained Yogurt Dip

VEGGIES/FRUITS

- 4 apples
- 1 bunch asparagus spears
- 1 avocado
- 2 bananas
- 1 bag fresh basil
- 1 pint blueberries
- 1 bunch broccoli
- 1 bag baby carrots
- 1 bunch celery
- 2 cucumbers
- 1 bag frozen edamame
- 1 fennel bulb
- 1 bulb garlic
- ½ lb grapes
- 1 16-oz bag salad greens
- 1 bunch leeks
- 1 head Boston leaf lettuce
- 1 pint sliced mushrooms
- 1 onion
- 1 red onion
- 3 oranges
- ½ lb snap peas
- 1 peach
- 2 pears
- 1 red bell pepper
- 1 sweet potato
- 1 Yukon Gold potato
- 1 pkg raspberries
- 1 container fresh sage
- 1 16-oz bag baby spinach
- 1 container pre-cut butternut squash
- 2 pints strawberries
- 1 container grape tomatoes
- 2 lb Roma tomatoes
- 1 zucchini

WHOLE GRAINS

- 1 bag pearly barley
- 1 15-oz box Weetabix Whole Grain Biscuits
- 1 loaf Ezekiel 4:9 Cinnamon Raisin bread
- 1 loaf fresh whole-wheat spelt bread
- 1 pkg Ryvita crispbreads
- 1 box Kashi TLC crackers
- 1 bag whole-wheat flour
- 1 small box low-fat whole-wheat granola
- 1 box kasha
- 1 pkg whole-wheat English muffins
- 1 container 5-minute oatmeal
- 1 box whole-wheat pasta
- 1 pkg whole-wheat pitas
- 1 box Newman's Own 94% Fat Free Microwave Popcorn
- 1 box brown rice
- 1 box wild rice
- 1 pkg whole-wheat rolls
- 1 pkg low-fat whole-wheat wraps

NUTS/SEEDS/OILS

- 1 6-oz bag unsalted almonds
- 1 jar unsalted almond butter
- 1 16-oz bag ground flaxseed meal
- 1 3-oz bag pine nuts
- 1 6-oz bag unsalted soy nuts
- 1 bottle extra-virgin olive oil
- 1 bottle sesame oil
- 1 jar unsalted natural peanut butter
- 1 container olive oil-based spread
- 1 16-oz bag unsalted walnuts

EXTRAS

- 1 can artichoke hearts in water
- 1 container baking soda
- 1 Kashi GoLean Crunchy bar
- 1 12-oz low-sodium chicken broth
- 1 jar unsweetened apple butter
- 1 bar 80% cacao dark chocolate
- 1 container cinnamon
- 1 jar agave nectar
- 1 can olive oil cooking spray
- 1 container black pepper
- 1 container red pepper flakes
- 1 jar roasted red peppers
- 1 jar low-sodium salsa
- 1 container sea salt
- 1 jar low-sodium tomato sauce
- 1 bottle apple cider vinegar
- 1 bottle balsamic vinegar
- 1 bottle red wine vinegar