

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 Two

PROTEINS & DAIRY

- 1 can low-sodium black beans
- 1 box black bean veggie burgers (One to try: Morningstar Farms Spicy Black Bean Veggie Burgers)
- 1 pint 1% cottage cheese
- 1 pint low-fat ricotta cheese
- 1 lb boneless, skinless chicken breast
- 2 oz deli-fresh low-sodium chicken breast
- 1 dozen eggs
- 1 4-oz container reduced-fat feta cheese
- 3 oz nitrate-free low-sodium lean ham
- 1 container low-fat strawberry kefir
- 1 quart low-fat milk (skim or unsweetened rice, almond or soy milk)
- 1 12-oz can unsweetened light coconut milk
- 8 oz part-skim mozzarella
- 4 oz lean pork cutlet
- 1 6-oz can salmon in water
- 1 lb cooked ready-to-eat shrimp, tails removed
- 5 oz tilapia
- 3 oz deli-fresh low-sodium turkey breast
- 1 container nonfat Greek-style yogurt
- 1 pint low-fat plain yogurt

VEGGIES/FRUITS

- 2 apples
- 1 apricot
- 1 bunch arugula
- 1 avocado
- 2 bananas
- ½ lb green beans
- 1 bunch broccoli
- 1 cantaloupe
- 1 bag baby carrots
- 1 head cauliflower
- ½ lb cherries
- 1 cucumber
- 1 piece fresh ginger
- 1 lb grapes
- 1 grapefruit
- 1 16-oz bag salad greens
- 1 small head Boston leaf lettuce
- 2 portobello mushrooms
- 1 red onion
- 1 orange
- 1 bunch curly leaf parsley
- 1 peach
- 1 red bell pepper
- 1 pineapple
- 1 bag frozen pineapple
- 1 container raspberries

- 1 16-oz baby spinach
- 1 pint strawberries
- 1 bag frozen strawberries
- 2 lbs 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