

# Clean Eating

Improving your life, one meal at a time.

## Your Shopping List - Week Four

### MEATS

- 1 lb boneless, skinless chicken breasts
- 1/2 lb extra-lean turkey breasts
- 3 oz fish (your choice)
- 1/4 lb fresh deli-sliced roast beef
- 1 small pkg fresh extra-lean turkey bacon
- 400 g fresh sliced lean turkey
- 1 lb lean ground sirloin
- 1 large lobster tail
- 1 large pork chop
- 1 can tuna (packed in water)

### GRAINS

- Kashi Heart to Heart Oatmeal
- Low-fat granola
- Old Fashioned Quaker Oats
- 1 box Triscuit 100% Whole Grain Crackers (Rosemary & Olive Oil)
- Whole-grain bread
- 1 whole-wheat bagel
- Whole-wheat buns
- Whole-wheat English muffins
- Whole-wheat pita bread
- Whole-wheat spaghetti noodles
- 1 pkg small whole-wheat tortillas

### DAIRY

- 1 dozen extra-large eggs
- 1 gallon skim milk
- 1 pkg low-fat cheese
- 1 pint low-fat cottage cheese
- 1 pkg low-fat shredded cheese
- 1 pint low-fat sour cream
- 1 pkg low-fat string cheese (Frigo or Cheesestrings)
- 1 pint plain low-fat yogurt

### VEGGIES/FRUITS

- Apples
- Avocado
- Baking potatoes (organic)
- Yukon Gold)
- Bananas
- Blueberries
- Brussels sprouts
- Broccoli
- Cantaloupe
- Celery
- Cherries
- Cilantro
- Cucumber
- Eggplant
- Garlic
- Grapefruit
- Green bell pepper
- Kiwis
- Lettuce
- Mixed greens
- Pear
- Plums
- Red bell pepper
- Spinach
- Sprouts
- Strawberries
- Sweet potatoes (or yams)
- Tomatoes
- Yellow bell pepper
- 3 pkgs frozen, steam-in-bag mixed vegetables

## Four Weeks of Clean-Eating Shopping Lists

Print this off and take it to the market with you. See the Summer issue of *Clean Eating* for four weeks of mix 'n' match meal plans to accompany these lists!

### EXTRAS

- Tarragon stems
- 100% pure orange juice (not from concentrate)
- 1 jar natural applesauce (no sugar added)
- Cashews (unsalted)
- 1 Clif Nectar Organic Fruit & Nut Bar
- Cranberry juice (100% juice)
- 1 small jar marinara sauce
- 1 small jar mild salsa
- Mustard
- 1 can Progresso 50% Less Sodium Soup (Garden Vegetable)
- Sunflower seeds (unsalted)
- 1 6-oz can tomato paste
- Walnuts (unsalted)