

# Clean Eating

Improving your life, one meal at a time.

## Your Shopping List - Week One

### MEATS

- 1/2 lb boneless, skinless chicken breasts
- 12 brown-rice sushi rolls (spicy tuna)
- 1/2 lb extra-lean ground turkey
- 1 small pkg fresh sliced lean turkey
- 1/4 lb roasted turkey breast
- 6 oz tilapia fillets
- 1/2 lb wild-caught sockeye salmon

### GRAINS

- Brown rice
- 1 small pkg corn tortillas
- Cream of wheat
- Jasmine rice
- Kashi GoLean cereal
- Lentils
- Old Fashioned Quaker Oats
- Whole-grain bread
- 1 whole-wheat bagel
- Whole-wheat baking flour
- Whole-wheat couscous
- Whole-wheat English muffins
- 1 small pkg whole-wheat flour tortillas
- Whole-wheat pita bread
- Whole-wheat rolls

### DAIRY

- 1 dozen extra-large eggs
- 1 pint low-fat cottage cheese
- 1 pkg low-fat shredded Monterey Jack cheese
- 1 pkg low-fat string cheese (Frigo or Cheesestings)
- 1 pint plain low-fat yogurt
- 1 gallon skim milk

### VEGGIES/FRUITS

- |  |   |
|--|---|
| <input type="checkbox"/> Apples                    | <input type="checkbox"/> Green bell peppers       |
| <input type="checkbox"/> Apricots                  | <input type="checkbox"/> Lemons                   |
| <input type="checkbox"/> Asparagus                 | <input type="checkbox"/> Lettuce (romaine)        |
| <input type="checkbox"/> Avocado                   | <input type="checkbox"/> Limes                    |
| <input type="checkbox"/> Baby carrots              | <input type="checkbox"/> Mixed berries            |
| <input type="checkbox"/> Bananas                   | <input type="checkbox"/> Mixed greens             |
| <input type="checkbox"/> Basil                     | <input type="checkbox"/> Mushrooms (1 pkg sliced) |
| <input type="checkbox"/> Blueberries               | <input type="checkbox"/> Onions                   |
| <input type="checkbox"/> Broccoli                  | <input type="checkbox"/> Oranges                  |
| <input type="checkbox"/> Cantaloupe                | <input type="checkbox"/> Parsley                  |
| <input type="checkbox"/> Carrots                   | <input type="checkbox"/> Pineapple                |
| <input type="checkbox"/> Celery                    | <input type="checkbox"/> Red bell peppers         |
| <input type="checkbox"/> Cherries                  | <input type="checkbox"/> Spinach                  |
| <input type="checkbox"/> Cherry tomatoes           | <input type="checkbox"/> Strawberries             |
| <input type="checkbox"/> Corn on the cob           | <input type="checkbox"/> Sundried tomatoes        |
| <input type="checkbox"/> Cucumber Edamame (frozen) | <input type="checkbox"/> Sweet potatoes           |
| <input type="checkbox"/> Fresh figs                | <input type="checkbox"/> Tomatoes                 |
| <input type="checkbox"/> Garlic                    | <input type="checkbox"/> Watermelon               |
| <input type="checkbox"/> Grapes                    |   |

## 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

- 100% pure orange juice
- Almond butter (unsalted)
- Almonds (unsalted)
- Athenos hummus
- Canola oil
- Caraway seeds
- Cinnamon
- 2 Clif Nectar Organic Fruit & Nut Bars
- Cranberry-pomegranate juice (100% juice)
- English walnuts (unsalted)
- Extra-virgin olive oil
- 1 pkg garlic-seasoned tofu
- 1 small bag low-fat baked tortilla chips
- 1 can low-sodium baking powder
- Low-sodium BBQ sauce
- 1 small jar mild salsa
- Raisins
- Mustard
- Natural peanut butter (unsalted)
- Naturally sweetened sorbet
- Pecans (unsalted)
- Pure maple syrup (small bottle)
- Sea salt
- Sucanat
- Sunflower seeds (unsalted)
- Tarragon stems
- Vanilla extract
- Vinegar (red, sherry or balsamic)