

# Clean Eating

Improving your life, one meal at a time.

## Your Shopping List - Week Three

### MEATS

- 1 3-oz chicken breast
- 1 small pkg fresh extra-lean turkey bacon
- 1-2 slices of fresh lean honey ham
- 1/2 lb lean pork tenderloin
- 2 pkgs Jenny-O Turkey  
Lean Ground Turkey Breast
- 1/2 lb sirloin steak
- 3 oz striped bass or tilapia fillet
- 3 oz tuna steak (not bluefin)
- 4 oz wild Alaskan salmon

### GRAINS

- 1 box Annie's Homegrown Organic  
Whole Wheat Shells & White Cheddar
- Brown rice
- 1 pkg corn tortillas
- Kashi GoLean cereal
- Low-fat granola
- Old Fashioned Quaker Oats
- Orville Redenbacher SmartPop! Kettle  
Korn microwave popcorn
- Whole-grain bread
- Whole-wheat baking flour
- Whole-wheat buns
- Whole-wheat English muffins

### DAIRY

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

### VEGGIES/FRUITS

- |  |  |
|--|--|
| <input type="radio"/> Apple              | <input type="radio"/> Honeydew melon     |
| <input type="radio"/> Asparagus          | <input type="radio"/> Lemons             |
| <input type="radio"/> Baby carrots       | <input type="radio"/> Lettuce            |
| <input type="radio"/> Baking potatoes    | <input type="radio"/> Limes              |
| <input type="radio"/> Bananas            | <input type="radio"/> Mushrooms          |
| <input type="radio"/> Blueberries        | <input type="radio"/> Onions             |
| <input type="radio"/> Broccoli           | <input type="radio"/> Oranges            |
| <input type="radio"/> Cabbage            | <input type="radio"/> Peaches            |
| <input type="radio"/> Celery             | <input type="radio"/> Pear               |
| <input type="radio"/> Cilantro           | <input type="radio"/> Raspberries        |
| <input type="radio"/> Corn on the cob    | <input type="radio"/> Red bell pepper    |
| <input type="radio"/> Cucumber           | <input type="radio"/> Round red potatoes |
| <input type="radio"/> Garlic             | <input type="radio"/> Spinach            |
| <input type="radio"/> Fresh green beans  | <input type="radio"/> Strawberries       |
| <input type="radio"/> Green bell peppers | <input type="radio"/> Tomatoes           |

## 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 (not from concentrate)
- Almonds (unsalted)
- Athenos hummus
- 1 can Campbell's 98% Fat-Free Cream of Mushroom Soup
- 1 can Campbell's Healthy Request Vegetable Beef Soup
- Dry-roasted soy nuts (unsalted)
- Ground black pepper
- Italian seasoning
- 1 bag low-fat Baked! Lay's chips
- 1 small jar low-fat mayonnaise
- Low-sodium soy sauce
- Maple flakes
- 1 large jar mild sodium-reduced salsa
- 1 small container Olivina margarine (made with olive oil)
- Parsley
- Raisins
- Red pepper flakes
- 1 small jar of relish
- Rosemary
- Sage
- Thyme
- Vinegar (small container)
- Worcestershire sauce