

Clean Eating

Improving your life, one meal at a time.

Your Shopping List - Week Two

MEATS

- 1/2 lb boneless, skinless chicken breasts
- 1 small pkg fresh sliced lean turkey
- 1/2 lb haddock
- 1 pkg Jenny-O Turkey Store
Extra Lean Ground Turkey Breast
- 9 medium shrimp (U.S. farmed), deveined
- 1 pkg Yves Meatless Chicken Burger patties

GRAINS

- 1 box Annie's Homegrown Organic
Whole Wheat Shells & White Cheddar
- 1 small pkg baked pita chips
- Brown rice
- 1 cinnamon-raisin bagel
- Graham crackers
- Kashi Heart to Heart Oatmeal
- 1 small loaf French bread
- Old Fashioned Quaker Oats
- Orzo pasta
- Quinoa
- 1 box Triscuit 100% Whole Grain
Crackers (Rosemary & Olive Oil)
- Whole-grain bread
- Whole-wheat baking flour
- Whole-wheat buns
- Whole-wheat pita bread
- 1 pkg small whole-wheat tortillas

DAIRY

- 1 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 small pkg freshly sliced provolone cheese
- 1 small pkg low-fat cream cheese
- 1 pkg reduced-fat feta cheese
- 1 pint low-fat sour cream

VEGGIES/FRUITS

- | | |
|--|---|
| <input type="radio"/> Asparagus | <input type="radio"/> Green bell pepper |
| <input type="radio"/> Avocado | <input type="radio"/> Lettuce |
| <input type="radio"/> Baby carrots | <input type="radio"/> Mushrooms |
| <input type="radio"/> Bananas | <input type="radio"/> Onions |
| <input type="radio"/> Baking potato | <input type="radio"/> Oranges |
| <input type="radio"/> 1 can black beans | <input type="radio"/> Pineapple |
| <input type="radio"/> Blackberries | <input type="radio"/> Spinach |
| <input type="radio"/> Blueberries | <input type="radio"/> Strawberries |
| <input type="radio"/> Broccoli | <input type="radio"/> Sweet potatoes (or yams) |
| <input type="radio"/> Celery | <input type="radio"/> Tomatoes |
| <input type="radio"/> Cilantro | <input type="radio"/> 1 pkg frozen stir-fry
vegetables |
| <input type="radio"/> Cucumbers | <input type="radio"/> Watermelon |
| <input type="radio"/> 1 small pkg dried apricots | |
| <input type="radio"/> Green beans | |

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)
- 1 jar natural applesauce (no sugar added)
- Almonds (unsalted)
- 1 jar apple butter (all natural)
- Athenos hummus
- 1 small jar chopped pimentos
- 1 Clif Nectar Organic Fruit & Nut Bar
- 1 small container fresh black olives
- Ground flaxseed
- Italian seasoning
- 1 small jar mild salsa
- Mustard
- Sesame oil
- 2 pkg soft tofu
- Walnuts (unsalted)