

# Week 1 Shopping List

## Proteins & Dairy

- 8 oz dried or cooked Great Northern white beans
- 3 oz bison burger patty
- 1 pint 1% cottage cheese
- 1 block reduced-fat jalapeño cheese
- 1 8-oz pkg Jarlsberg Light or reduced-fat Swiss cheese
- 1 8-oz pkg part-skim mozzarella cheese
- 1 16-oz container part-skim ricotta cheese
- 1 pkg low-fat string cheese
- 12 oz boneless, skinless chicken breast
- 1 dozen eggs
- 8 oz low-sodium uncured lean ham
- 1 qt low-fat milk (skim or unsweetened rice, almond or soy milk)
- 4 oz lean pork chop
- 10 oz wild-caught salmon
- 1 14-oz container firm tofu
- 1 6-oz can or pouch unsalted tuna in water
- 2 oz deli-fresh low-sodium turkey breast
- 2 6-oz containers nonfat Greek-style yogurt
- 1 16-oz container low-fat plain yogurt

## Veggies/Fruits

- 3 apples
- 1 bunch asparagus spears
- 1 avocado
- 3 bananas
- ¼ lb green beans
- 1 16-oz pkg frozen broccoli spears
- 1 lb bag carrots
- 1 bunch celery
- 1 box clementines
- 1 bulb garlic
- ½ lb red grapes
- 1 grapefruit
- 1 16-oz bag assorted salad greens
- 1 head romaine lettuce
- 1 pint sliced white mushrooms
- 1 red onion
- 1 yellow onion
- 1 pear
- 1 green bell pepper
- 1 red bell pepper
- 1 pomegranate
- 1 medium sweet potato
- 1 16-oz pkg frozen raspberries
- 1 bunch scallions
- 1 pint strawberries
- 3 Roma tomatoes

## Whole Grains

- 1 loaf fresh-baked whole-wheat bread (from bakery dept)
- 1 box Nature's Path Optimum Banana Almond cereal
- 1 box Kashi TLC Honey Sesame crackers
- 1 pkg rye crispbreads
- 1 16-oz pkg whole-wheat pizza dough
- 1 bag whole-wheat flour
- 1 box Kashi TLC Chewy Trail Mix granola bars
- 1 container oatmeal
- 1 box whole-wheat fusilli pasta
- 1 box brown rice
- 1 box wild rice
- 1 pkg Arnold Select 100% Whole Wheat Sandwich Thins
- 1 pkg low-fat whole-wheat wraps

## Nuts/Seeds/Oils

- 1 6-oz bag unsalted raw cashews
- 16 oz ground flaxseeds
- 1 bottle extra-virgin olive oil
- 1 container olive oil-based spread
- 1 jar unsalted natural peanut butter
- 1 12-oz bag unsalted sunflower seeds

## Extras

- 1 8-oz bag unsweetened dried apricots
- 1 container hummus
- 1 jar Dijon mustard
- 1 container dried oregano
- 1 container dried parsley flakes
- 1 container ground black pepper
- 1 container red pepper flakes
- 1 container vanilla protein powder
- 1 container low-sodium salsa
- 1 jar organic low-sodium tomato sauce
- 1 qt low-sodium tomato soup (**One to try:** Imagine Light in Sodium Creamy Garden Tomato Soup)
- 1 container stevia (or other CE-approved sweetener)
- 1 container dried thyme
- 1 bottle balsamic vinegar
- 1 bottle white wine vinegar



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## Egg & Ham Turnovers

*Serves 6. Hands-on time: 30 minutes. Total time: 55 minutes.*

### INGREDIENTS:

- ½ cup scallions, diced
- 1 clove garlic, diced
- ½ cup red bell pepper, diced
- ½ cup white mushrooms, sliced
- 1 tbsp extra-virgin olive oil, divided
- 2 eggs
- 6 egg whites
- ½ tsp ground black pepper
- ⅓ tsp dried thyme
- ¼ tsp dried parsley
- ¼ cup whole-wheat flour
- 1 16-oz pkg pre-made whole-wheat pizza dough
- 6 1-oz slices Jarlsberg Light or reduced-fat Swiss cheese
- 6 oz low-sodium uncured lean ham, torn into small pieces, divided

### INSTRUCTIONS:

**ONE:** Preheat oven to 400°F. In a medium nonstick skillet, sauté scallions, garlic, red pepper and mushrooms in 1 tsp oil for 5 minutes over medium-high heat. While sautéing, whisk together eggs, egg whites, black pepper, thyme and parsley in a bowl. Pour egg mixture into skillet. Scramble with vegetables for about 3 to 5 minutes or until eggs are set and fluffy. Transfer to medium bowl. Let cool.

**TWO:** Dust a work surface and rolling pin with flour. Knead dough until it is in a tube-like shape, about 6 inches long. Divide dough into 6 sections by cutting with a knife. Roll out each section into a circle and place circles onto a foil-lined baking sheet.

**THREE:** To assemble, layer the following ingredients: On each circle of dough, place ½ slice cheese, ⅓ cup egg-veggie mixture, 1 oz ham and top with other ½ slice cheese. Fold dough over to make a half-moon shape, pinch sides together with water to stick. Brush outer dough with remaining oil. Bake for 20 to 25 minutes, until dough is golden and feels crusty to the touch. Let cool for 5 minutes for dough and contents to set.

**FREEZE IT:** Let turnovers cool, wrap in aluminum foil or freezer-safe plastic wrap and freeze for 1 to 2 months. To enjoy, defrost overnight in refrigerator. Reheat in microwave on high for 1 to 2 minutes or in oven at 375°F for 15 to 20 minutes.

**Nutrients per turnover:** Calories: 341, Total Fat: 8 g, Sat. Fat: 2 g, Carbs: 39 g, Fiber: 5 g, Sugars: 2 g, Protein: 26 g, Sodium: 393 mg, Cholesterol: 89 mg

Clean Eating shopping lists include all of the items you'll need to prepare 70 meals for one adult. This initial list will provide a foundation for two weeks. As you approach week two, take a quick kitchen inventory, as you may have a little less or a little more left over.

EVOO = extra-virgin olive oil

A

**Vanilla Fruit Smoothie:** Blend 1 cup low-fat milk, ¼ cup vanilla protein powder, ½ cup frozen raspberries and 1 small banana

B

**Ham & Cheese Salad:** 2 oz low-sodium uncured lean ham, 1 oz Jarlsberg Light cheese, 2 cups assorted salad greens, ½ cup chopped tomatoes and ½ cup cooked white beans with 2 tbsp balsamic vinegar, 1 tsp Dijon mustard and 1 tsp EVOO

C

**Avocado Chicken Salad:** 4 oz baked chicken, 2 cups assorted salad greens, ½ cup chopped tomato, 1 tbsp diced red onion and ¼ cup chopped avocado with 2 tbsp balsamic vinegar and 1 tsp EVOO

**M TOTAL NUTRIENTS** Calories: 1,533, Fat: 49 g, Sat. Fat: 12 g, Carbs: 188 g, Fiber: 34 g, Sugars: 91 g, Protein: 100 g, Sodium: 1,580 mg, Cholesterol: 148 mg

BREAKFAST	SNACK 1	LUNCH	SNACK 2	DINNER
1 Egg & Ham Turnover (see recipe, left; freeze additional turnovers for later this week) 2 clementines	15 Kashi TLC Honey Sesame crackers	1 whole-wheat wrap with 2 tbsp unsalted natural peanut butter and 1 small sliced banana; ¾ cup low-fat plain yogurt with stevia; 2 stalks celery	<b>Vanilla Fruit Smoothie</b> <b>A</b>	3 oz bison burger patty, 2 tbsp part-skim ricotta, 1 lettuce leaf, 1 slice red onion and 1 slice tomato on 1 Arnold Select 100% Whole Wheat Sandwich Thin; 1 cup romaine lettuce with 1 tbsp balsamic vinegar and ½ tsp EVOO

**T TOTAL NUTRIENTS** Calories: 1,504, Fat: 55 g, Sat. Fat: 10 g, Carbs: 157 g, Fiber: 35 g, Sugars: 31 g, Protein: 109 g, Sodium: 2,427 mg, Cholesterol: 114 mg

BREAKFAST	SNACK 1	LUNCH	SNACK 2	DINNER
½ cup oatmeal, 1 cup low-fat milk, 2 tbsp ground flaxseeds, 1 tbsp unsalted sunflower seeds and 1 cup thawed-from-frozen raspberries	½ cup 1% cottage cheese and 10 sliced red grapes	1 serving Open-Face Tuna Veggie Melt (see recipe, p. 76; save some for later this week) 2 clementines	¼ cup hummus, 15 carrot sticks and 1 rye crispbread	<b>Fajita Salad:</b> 4 oz baked chicken cut into strips, 1 cup romaine lettuce, ¼ cup sliced red onion and ¾ cup sliced green bell pepper sautéed in ½ tsp EVOO, ¼ cup chopped tomatoes, 1 tbsp chopped scallions, ¼ cup low-sodium salsa with juice 1 lime; 1 oz fresh-baked whole-wheat bread

**W TOTAL NUTRIENTS** Calories: 1,673, Fat: 51 g, Sat. Fat: 12 g, Carbs: 215 g, Fiber: 32 g, Sugars: 66 g, Protein: 106 g, Sodium: 1,309 mg, Cholesterol: 182 mg

BREAKFAST	SNACK 1	LUNCH	SNACK 2	DINNER
6 oz nonfat Greek-style yogurt, ½ cup strawberries and ½ cup Nature's Path Optimum Banana Almond cereal	8 dried apricots	1 Egg & Ham Turnover (leftovers) 1 cup low-sodium tomato soup 10 carrot sticks	½ cup strawberries 15 unsalted raw cashews	1½ cups cooked whole-wheat fusilli with 3 oz cubed baked chicken, ¼ cup shredded part-skim mozzarella, ½ cup steamed broccoli and ¾ cup low-sodium tomato sauce; 1 cup romaine lettuce and ½ cup chopped tomato with 1 tbsp balsamic vinegar and ½ tsp EVOO

**T TOTAL NUTRIENTS** Calories: 1,596, Fat: 42 g, Sat. Fat: 10 g, Carbs: 206 g, Fiber: 44 g, Sugars: 75 g, Protein: 108 g, Sodium: 2,167 mg, Cholesterol: 306 mg

BREAKFAST	SNACK 1	LUNCH	SNACK 2	DINNER
1 cup low-fat plain yogurt, 2 tbsp ground flaxseeds and 1 cup thawed-from-frozen raspberries	1 hardboiled egg with 15 Kashi TLC Honey Sesame crackers	<b>Ham &amp; Cheese Salad</b> <b>B</b> 2 clementines	1 cup Nature's Path Optimum Banana Almond cereal and ½ cup low-fat milk	1 serving Open-Face Tuna Veggie Melt (leftovers) 1 cup low-sodium tomato soup 1 cup strawberries

**F TOTAL NUTRIENTS** Calories: 1,578, Fat: 49 g, Sat. Fat: 12 g, Carbs: 204 g, Fiber: 46 g, Sugars: 45 g, Protein: 96 g, Sodium: 1,379 mg, Cholesterol: 159 mg

BREAKFAST	SNACK 1	LUNCH	SNACK 2	DINNER
3 tbsp hummus on 2 oz toasted fresh-baked whole-wheat bread ½ grapefruit	1 low-fat string cheese and 1 rye crispbread	<b>Turkey Sandwich:</b> 3 oz deli-fresh low-sodium turkey breast, 1 oz Jarlsberg Light cheese, ½ sliced avocado, 1 lettuce leaf and 1 slice tomato on 1 Arnold Select 100% Whole Wheat Sandwich Thin; 10 carrot sticks; 1 sliced apple	½ avocado, ½ cup cooked white beans and ½ cup diced tomatoes with 1½ tbsp balsamic vinegar and ½ tsp EVOO	4 oz broiled lean pork chop ¼ cup sliced yellow onion and ¾ cup sliced green bell pepper sautéed in ½ tsp EVOO ¾ cup brown rice

**S TOTAL NUTRIENTS** Calories: 1,531, Fat: 51 g, Sat. Fat: 9 g, Carbs: 169 g, Fiber: 29 g, Sugars: 58 g, Protein: 109 g, Sodium: 1,454 mg, Cholesterol: 154 mg

BREAKFAST	SNACK 1	LUNCH	SNACK 2	DINNER
2 tbsp unsalted natural peanut butter on 2 oz toasted fresh-baked whole-wheat bread	2 clementines 6 oz nonfat Greek-style yogurt	<b>Avocado Chicken Salad</b> <b>C</b> 1 whole-wheat wrap, 3 tbsp low-sodium salsa, 2 tbsp shredded reduced-fat jalapeño cheese, broiled; 15 red grapes	½ grapefruit 15 TLC Honey Sesame crackers	10 oz baked salmon (enjoy 5 oz and save 5 oz for tomorrow's lunch) 10 spears steamed asparagus 1 medium baked sweet potato

**S TOTAL NUTRIENTS** Calories: 1,801, Fat: 54 g, Sat. Fat: 10 g, Carbs: 247 g, Fiber: 42 g, Sugars: 100 g, Protein: 112 g, Sodium: 1,343 mg, Cholesterol: 346 mg

BREAKFAST	SNACK 1	LUNCH	SNACK 2	DINNER
1 cup Nature's Path Optimum Banana Almond cereal with ¾ cup low-fat milk and 1 sliced banana	1 pomegranate 1 Kashi TLC Chewy Trail Mix granola bar	<b>Salmon Salad:</b> 5 oz chilled baked salmon (leftovers), 1 chopped hardboiled egg white, 2 cups romaine lettuce, ¼ cup chopped red bell pepper, ¼ cup chopped celery, 1 tbsp chopped red onion, 2 tbsp balsamic vinegar, 1 tsp Dijon mustard, 1 tsp EVOO; 1 apple	1 Egg & Ham Turnover (leftovers)	14 oz baked tofu (enjoy 5 oz and save leftovers for early next week); 1 cup steamed green beans; 1¼ cup brown rice with 1 tbsp unsalted sunflower seeds (enjoy 1 cup and save ¼ cup for next week); 1 pear

**EVOO** = extra-  
virgin olive oil**A**  
**Tofu Salad:** 5 oz baked tofu (leftovers), ¼ cup brown rice with unsalted sunflower seeds (leftovers), 1 cup spinach, ½ cup chopped red bell pepper, 2 tbsp shredded reduced-fat jalapeño cheese with 2 tbsp balsamic vinegar and ½ tsp **EVOO****B**  
**Citrus Protein Salad:** 2 cups romaine lettuce, 2 hardboiled egg whites, ½ cup chickpeas, 2 tbsp unsalted sunflower seeds, 1 clementine with 2 tbsp balsamic vinegar, 1 tsp Dijon mustard and ½ tsp **EVOO****C**  
**Spicy Turkey Sandwich:** 3 oz sliced deli-fresh low-sodium turkey breast, 1 oz reduced-fat jalapeño cheese, 3 slices red bell pepper, 1 slice red onion and 1 lettuce leaf toasted on 1 Arnold Select 100% Whole Wheat Sandwich Thin

M	TOTAL NUTRIENTS    Calories: 1,556, Fat: 53 g, Sat. Fat: 12 g, Carbs: 177 g, Fiber: 39 g, Sugars: 54 g, Protein: 106 g, Sodium: 2,103 mg, Cholesterol: 83 mg				
BREAKFAST		SNACK 1	LUNCH	SNACK 2	DINNER
1 cup 1% cottage cheese with ¾ cup thawed-from-frozen blueberries  1 rye crispbread		1 low-fat string cheese and 15 Kashi TLC Honey Sesame crackers	Tofu Salad A ½ grapefruit	2 clementines ¼ cup unsalted sunflower seeds	1 serving Deconstructed Lasagna (see recipe, right; save some for tomorrow)  1 cup spinach leaves, ¼ cup diced tomatoes, 4 torn basil leaves with ½ diced clove garlic, 1½ tbsp balsamic vinegar and ½ tsp EVOO
T	TOTAL NUTRIENTS    Calories: 1,590, Fat: 47 g, Sat. Fat: 14 g, Carbs: 203 g, Fiber: 33 g, Sugars: 46 g, Protein: 100 g, Sodium: 2,590 mg, Cholesterol: 149 mg				
BREAKFAST		SNACK 1	LUNCH	SNACK 2	DINNER
Egg Sandwich: 3 egg whites and 1 slice part-skim mozzarella on whole-wheat English muffin  ½ grapefruit		1 Kashi TLC Chewy Trail Mix granola bar  1 kiwi	Ham Sandwich: 2 oz low-sodium uncured lean ham, 1 oz Jarlsberg Light cheese, 1 slice tomato, 1 slice red onion and 1 lettuce leaf on 1 Arnold Select 100% Whole Wheat Sandwich Thin; 10 carrot sticks; 1 pear	2 oz baked tofu (leftovers) and 1 tbsp hummus with 1 whole-wheat wrap	1 serving Deconstructed Lasagna (leftovers)  1 chopped tomato, 4 torn basil leaves, ½ oz diced part-skim mozzarella, ½ diced clove garlic, 1½ tbsp balsamic vinegar and 1 tsp EVOO
W	TOTAL NUTRIENTS    Calories: 1,654, Fat: 51 g, Sat. Fat: 12 g, Carbs: 223 g, Fiber: 36 g, Sugars: 102 g, Protein: 100 g, Sodium: 1,238 mg, Cholesterol: 93 mg				
BREAKFAST		SNACK 1	LUNCH	SNACK 2	DINNER
1 cup Nature’s Path Optimum Banana Almond cereal with ¾ cup low-fat milk and 1 sliced banana		½ cup low-fat plain yogurt with 5 chopped dried apricots	Citrus Protein Salad B 15 Kashi TLC Honey Sesame crackers	1 oz Jarlsberg Light cheese and 1 apple	1 serving Tilapia Fish Sticks with Cucumber & Yogurt Sauce (see recipe, p. 76; save some for tomorrow); 1 medium sweet potato ; ½ sliced red bell pepper
T	TOTAL NUTRIENTS    Calories: 1,643, Fat: 61 g, Sat. Fat: 12 g, Carbs: 209 g, Fiber: 48 g, Sugars: 62 g, Protein: 83 g, Sodium: 1,460 mg, Cholesterol: 71 mg				
BREAKFAST		SNACK 1	LUNCH	SNACK 2	DINNER
1 cup low-fat plain yogurt with 2 tbsp unsalted sunflower seeds and 1 cup thawed-from-frozen blueberries		1 toasted whole-wheat English muffin with 1½ tbsp unsalted natural peanut butter	Tilapia Salad: 2 cups romaine lettuce, 1 serving Tilapia Fish Sticks with Cucumber & Yogurt Sauce (leftovers), ¼ cup chopped red bell pepper, 2 slices tomato, 5 slices cucumber with 1 tbsp balsamic vinegar and 1 tsp EVOO; 2 rye crispbreads with 2 tbsp hummus	2 clementines 1 Kashi TLC Chewy Trail Mix granola bar	4 oz baked chicken  1 cup steamed broccoli with 1 tbsp unsalted raw cashew pieces  1 medium baked Yukon Gold potato with 1 tbsp olive oil-based spread
F	TOTAL NUTRIENTS    Calories: 1,529, Fat: 44 g, Sat. Fat: 11 g, Carbs: 202 g, Fiber: 32 g, Sugars: 54 g, Protein: 92 g, Sodium: 1,537 mg, Cholesterol: 234 mg				
BREAKFAST		SNACK 1	LUNCH	SNACK 2	DINNER
½ cup oatmeal, 1 cup low-fat milk, 5 dried apricots and ½ sliced banana (save leftover ½ banana for tomorrow)		1 oz unsalted raw cashews	Turkey Wrap: 3 oz sliced deli-fresh low-sodium turkey breast with 4 thinly sliced cucumbers, 1 slice tomato, 1 slice red onion, 1 tbsp hummus on a whole-wheat wrap; 1 low-fat string cheese; 1 apple	1 cup chopped broccoli with 2 tbsp low-sodium salsa mixed with ¼ cup nonfat Greek-style yogurt	12 large broiled shrimp brushed with 2 tsp EVOO  1 cup broccoli sautéed in 1 tsp EVOO and 1 tsp diced clove garlic  1 cup wild rice mixed with ½ cup steamed yellow corn
S	TOTAL NUTRIENTS    Calories: 1,782, Fat: 53 g, Sat. Fat: 15 g, Carbs: 241 g, Fiber: 44 g, Sugars: 98 g, Protein: 100 g, Sodium: 1,211 mg, Cholesterol: 91 mg				
BREAKFAST		SNACK 1	LUNCH	SNACK 2	DINNER
1 toasted whole-wheat wrap with 2 tbsp unsalted natural peanut butter and ½ sliced banana (leftovers)		12 oz low-fat raspberry kefir; ½ cup sliced red grapes and 1 sliced kiwi	1 cup low-sodium lentil soup (save leftovers [1 cup] for tomorrow); 2 rye crispbreads with ¼ cup part-skim ricotta and 4 slices tomato; 1 cup sliced cucumbers and 3 tbsp diced yellow onions with 2 tbsp white wine vinegar and 1 tsp EVOO	5 dried apricots mixed with ½ cup Nature’s Path Optimum Banana Almond cereal	Roast Beef Salad: 2 cups romaine lettuce, 3 oz extra-lean roast beef, 1 oz reduced-fat jalapeño cheese, ½ cup chickpeas, ½ cup sliced mushrooms, ¼ cup chopped tomatoes, 1 clementine, 2 tbsp balsamic vinegar, ½ tsp EVOO; 1 toasted whole-wheat wrap with 2 tbsp hummus
S	TOTAL NUTRIENTS    Calories: 1,593, Fat: 37 g, Sat. Fat: 9 g, Carbs: 201 g, Fiber: 41 g, Sugars: 57 g, Protein: 130 g, Sodium: 1,855 mg, Cholesterol: 120 mg				
BREAKFAST		SNACK 1	LUNCH	SNACK 2	DINNER
Blue Banana Smoothie: Blend 1 cup low-fat milk, ¼ cup vanilla protein powder, 2 tbsp ground flaxseeds, ½ cup frozen blueberries and 1 small banana		15 Kashi TLC Honey Sesame crackers  1 low-fat string cheese	Spicy Turkey Sandwich C 1 pear ½ cup low-fat plain yogurt with 12 unsalted raw cashews	1 cup steamed broccoli and ½ cup steamed yellow corn with 1 oz shredded reduced-fat jalapeño cheese melted over top	5 oz broiled Pacific halibut  1 cup low-sodium lentil soup (leftovers)  1 cup kale sautéed in 1 tsp EVOO  1 cup brown rice



# Deconstructed Lasagna

Serves 6. Hands-on time: 40 minutes. Total time: 40 minutes.

## INGREDIENTS:

- 1 lb extra-lean ground beef
- ½ cup yellow onion, chopped
- 2 cloves garlic, diced
- 2 cups eggplant, unpeeled and cubed
- ¼ cup carrots, peeled and diced
- 1 cup no-salted-added tomato sauce, divided
- ½ tsp dried oregano
- ¼ tsp ground black pepper
- 1 cup fresh spinach, chopped
- 1½ cups whole-wheat fusilli pasta
- 1 cup whole-wheat elbow macaroni
- 1 cup part-skim ricotta cheese
- ½ cup tomato, diced
- 10 fresh basil leaves, torn
- 1 tsp extra-virgin olive oil
- ½ cup part-skim mozzarella, shredded
- Additional basil leaves, as garnish

## INSTRUCTIONS:

**ONE:** In a large skillet over medium-high heat, sauté beef, onion, garlic, eggplant and carrots until meat is cooked thoroughly, about 10 minutes. Stir in ½ cup sauce, oregano and pepper. Reduce heat to medium-low, cover and simmer for 5 minutes. Then uncover and stir in spinach until just beginning to wilt.

**TWO:** Meanwhile, cook fusilli according to package directions in a medium pot. Drain and set aside in a bowl. Next, cook macaroni according to package directions using the same medium pot. Drain and add to fusilli.

**THREE:** In a medium bowl, stir together ricotta, tomato, basil and oil.

**FOUR:** In a large bowl, add beef mixture, both pastas, remaining ½ cup sauce and mozzarella, stirring until well combined. Then stir in ricotta mixture, until all contents are combined. Serve, garnished with additional basil leaves.

**FREEZE IT:** Let cool and freeze lasagna in a resealable container for 2 to 3 months. To reheat, defrost in refrigerator for 24 hours. Then heat in microwave on medium for 2 to 3 minutes or in saucepan on medium-high heat for 5 minutes.

**Nutrients per 1½ cup-serving:** Calories: 420, Total Fat: 8 g, Sat. Fat: 3 g, Carbs: 57 g, Fiber: 9 g, Sugars: 7 g, Protein: 33 g, Sodium: 190 mg, Cholesterol: 50 mg



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## Week 2 Shopping List

### Proteins & Dairy

- 1 lb extra-lean ground beef
- 3 oz extra-lean roast beef
- 4 oz boneless, skinless chicken breast
- 1 8-oz can chickpeas or fresh from bag
- ½ dozen eggs
- 5 oz Pacific halibut fillet
- 8 oz tilapia fillets
- 2 oz low-sodium uncured lean ham
- 1 container low-fat raspberry kefir
- 1 qt low-fat milk (skim or unsweetened rice, almond or soy milk)
- 12 large shrimp
- 6 oz deli-fresh low-sodium turkey breast
- 6-oz container nonfat Greek-style yogurt
- 1 16-oz container low-fat plain yogurt

### Veggies/Fruits

- 2 apples
- 3 bananas
- 1 bunch basil
- 1 16-oz bag frozen blueberries
- 1 bunch broccoli
- 1 12-oz bag frozen yellow corn
- 2 large cucumbers
- 1 small eggplant
- 1 grapefruit
- 1 small bunch kale
- 2 kiwis
- 1 head romaine lettuce
- 1 red onion
- 1 yellow onion
- 2 pears
- 1 red bell pepper
- 1 Yukon Gold potato
- 1 16-oz bag baby spinach
- 3 Roma tomatoes

### Whole Grains

- 1 box whole-wheat elbow macaroni
- 1 pkg whole-wheat English muffins

### Extras

- 1 container sea salt
- 16 oz low-sodium lentil soup

### Notes:





## Open-Face Tuna Veggie Melt

*Serves 2. Hands-on time: 8 minutes. Total time: 18 minutes.*

### INGREDIENTS:

- 6 oz can or pouch unsalted tuna in water, drained
- 3 tbsp celery, diced
- 3 tbsp red onion, diced
- 2 tbsp carrots, peeled and diced
- 2 tbsp tomato, seeded and diced
- 2 tbsp Golden Delicious apple, unpeeled and diced
- 1/3 cup nonfat Greek-style yogurt
- 1 1/2 tsp white wine vinegar
- 1/2 tsp dried oregano
- 1/4 tsp parsley flakes
- 1/8 tsp ground black pepper
- 1/4 loaf fresh-baked whole-wheat bread (4 oz)
- 2 thin slices tomato
- 2 1-oz slices Jarlsberg Light or reduced-fat Swiss cheese

### INSTRUCTIONS:

**ONE:** In a medium bowl, stir together first 11 ingredients until well combined.

**TWO:** Slice bread horizontally, making a top and bottom. Place both halves crust-side-down, divide tuna salad equally among halves and spread onto each. Top each with 1 slice tomato and 1 slice cheese.

**THREE:** In an oven or toaster oven, broil topped bread halves on low for 5 to 10 minutes or until cheese is melted and slightly browned.

**Nutrients per serving (1/2 cup tuna salad, 1 slice tomato, 1 oz cheese, 2 oz bread):** Calories: 340, Total Fat: 4.5 g, Sat. Fat: 2 g, Omega-3s: 260 mg, Omega-6s: 390 mg, Carbs: 31 g, Fiber: 5 g, Sugars: 7 g, Protein: 41 g, Sodium: 410 mg, Cholesterol: 35 mg

## Tilapia Fish Sticks WITH CUCUMBER & YOGURT SAUCE

*Serves 2. Hands-on time: 12 minutes. Total time: 30 minutes.*

### INGREDIENTS:

- 1/3 cup unsalted sunflower seeds
- 2 egg whites
- 2 1/2 tbsp flaxseeds, ground
- 2 tsp dried parsley
- 1/4 tsp ground black pepper
- 1/8 tsp sea salt
- 8 oz tilapia fillets

### SAUCE

- 1/4 cup cucumber, minced
- 1 tbsp yellow onion, minced
- 1 1/2 tbsp white wine vinegar
- 1/2 tsp extra-virgin olive oil
- 1/2 cup nonfat Greek-style yogurt
- Sea salt and ground black pepper, to taste

### INSTRUCTIONS:

**ONE:** Preheat oven to 375°F. In a mini food processor, pulse sunflower seeds for 10 to 15 seconds, until reduced to a fine consistency. In a small bowl, whisk egg whites for 30 seconds. In a separate small bowl, stir together ground sunflower seeds, flaxseeds, parsley, pepper and salt.

**TWO:** Cut tilapia fillets into thin strips, about 3 to 4 inches long. Dip strips in egg whites, then in bowl with sunflower mixture, to coat. Place strips on a foil-lined baking sheet. Bake for 10 minutes. Let cool for 5 minutes.

**THREE:** Meanwhile, prepare sauce: In a small bowl, stir together cucumber, onion, vinegar and oil. Add yogurt and season with salt and pepper. Stir until well combined. Chill in refrigerator for at least 10 minutes in order to meld flavors. (**TIP: If a stronger taste is desired, sauce can be made the night before and chilled until needed.**)

**Nutrients per serving (4 oz fish or about 8 strips and 1/3 cup sauce):** Calories: 333, Total Fat: 15 g, Sat. Fat: 2 g, Carbs: 14 g, Fiber: 6.5 g, Sugars: 3.5 g, Protein: 38 g, Sodium: 378 mg, Cholesterol: 57 mg

## CHEAP EATS

### Eight Great Foods Under \$1

Don't let a faltering economy prevent you from eating well. Shop the perimeter of your supermarket for the cheapest – and often most nutritious – food options. BY CHRIS CANDER



**APPLES:** Try crisp, juicy, sweet-tart Braeburns for snacks, in salads or baked in pies.

**Serving:** 1 apple

**Cost:** 80 cents

**Nutrition:** 90 calories, 4 g fiber and 15% of your daily value (DV) of vitamin C.

**CANNED TUNA:** Mix with olive oil, lemon juice, cooked whole-wheat pasta, cooked white beans and fresh basil for a quick, healthy tuna salad.

**Serving:** 3 oz

**Cost:** 83 cents

**Nutrition:** 100 calories, 22 g protein and 98% of your DV of selenium.

**EGGS:** Enjoy this high-quality protein scrambled for breakfast or boiled and added to a spinach salad for lunch.

**Serving:** 2 large eggs

**Cost:** 21 cents

**Nutrition:** 140 calories, 12 g protein and 40% of your DV of selenium.

**LOW-FAT MILK:** An inexpensive source of bone-building calcium.

**Serving:** 1 cup

**Cost:** 16 cents

**Nutrition:** 110 calories, 9 g protein, 30% of your DV of calcium and 25% of your DV of vitamin D.

**MUNG BEANS:** These small oval beans are native to India, easy to digest and loaded with fiber.

**Serving:** 1/2 cup, cooked

**Cost:** 9 cents

**Nutrition:** 110 calories, 8 g fiber, 7 g protein and 40% of your DV of folate.

**OATS:** Warm up a cold morning, add filling fiber to muffins and pancakes, and help lower your cholesterol with this versatile whole grain.

**Serving:** 1/2 cup, dry

**Cost:** 17 cents

**Nutrition:** 150 calories, 4 g fiber and 5 g protein.

**QUINOA:** Use this nut-flavored, high-protein grain as a meat substitute in tacos, in soups or as a side.

**Serving:** 1/2 cup, cooked

**Cost:** 16 cents

**Nutrition:** 110 calories, 3 g fiber, 4 g protein and 29% of your DV of manganese.

### SWEET POTATOES:

This antioxidant-rich, anti-inflammatory food is as heart healthy as it is delicious.

**Serving:** 4 oz

**Cost:** 32 cents

**Nutrition:** 100 calories, 3 g fiber and 320% of your DV of vitamin A.