



# Clean Eating

Improving your life one meal at a time.

## Week 1 Meal Plan

Volume 2, Issue 4 - July/Aug 2009 08

### Your 14-Day Clean Eating Meal Plan Shopping List

We've combined all the season has to offer into one delicious and slimming meal plan to keep satisfied for two weeks straight. Print off this detailed and organized shopping list to make grocery store trips and eating clean a breeze

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## Week 1 Shopping List

### Proteins & Dairy

- 1 15-oz can low-sodium white beans
- 1 block reduced-fat cheddar cheese
- 1 pint low-fat cottage cheese
- 1 4-oz container reduced-fat feta cheese
- 1 block reduced-fat jalapeño cheese
- 1 8-oz pkg part-skim mozzarella
- 1 pkg low-fat string cheese
- 10 oz boneless, skinless chicken breast
- 1 cup edamame
- 1 dozen eggs
- 4 oz low-sodium uncured lean ham
- ½ gallon low-fat milk (skim or unsweetened rice, almond or soy milk)
- ½ lb lean pork cutlet
- 6 oz wild-caught salmon
- 6 pieces assorted sashimi
- 4 pieces assorted sushi
- 1 5-oz container firm tofu
- 1 can tuna in water
- 1¼ lb 99% lean ground turkey
- 4 oz low-sodium roasted turkey breast
- 1 1-cup container nonfat Greek yogurt
- 1 pint low-fat plain yogurt

### Veggies/Fruits

- 1 apple
- 1 banana
- ½ lb green beans
- 1 pint blueberries
- 1 bunch broccoli rabe
- 1 bag baby carrots
- 2 cucumbers
- 1 bulb garlic
- 2½ lbs grapes
- 2 kiwis
- 1 16-oz bag salad greens
- 1 mango
- 1 pint sliced mushrooms
- 3 nectarines
- 1 red onion
- 1 white onion
- 1 orange
- 2 peaches
- 1 orange bell pepper
- 2 red bell peppers
- 1 yellow bell pepper
- 2 sweet potatoes
- 2 6-oz pkg raspberries

- 1 8-oz bag baby spinach
- 2 pints strawberries
- 1 container grape tomatoes
- 4 on-the-vine tomatoes
- 1 medium watermelon
- 1 zucchini

### Whole Grains

- 1 loaf rye bread
- 1 loaf whole-wheat bread
- 1 box Fiber One cereal
- 1 box Nature's Path Organic Flax Plus Multigrain cereal
- 1 box Dr. Kracker's Seeded Spelt crackers
- 1 pkg Ryvita crispbreads
- 1 pkg whole-wheat English muffins
- 1 box Kashi Crunchy granola bars
- 1 pkg whole-wheat pitas
- 1 box brown rice
- 1 box wild rice
- 1 pkg multigrain rolls
- 1 box whole-wheat spaghetti
- 1 pkg low-fat whole-wheat flax wraps

### Nuts/Seeds/Oils

- 1 jar unsalted almond butter
- 1 6-oz bag unsalted raw cashews
- 1 bottle extra-virgin olive oil
- 1 jar unsalted natural peanut butter
- 1 12-oz bag unsalted walnuts

### Extras

- 1 container hummus
- 1 cup miso soup
- 1 jar Dijon mustard
- 1 jar agave nectar
- 1 container ground black pepper
- 1 container cayenne pepper
- 1 container vanilla protein powder
- 1 jar low-sodium salsa
- 1 container dried Italian seasonings
- 1 container olive oil-based spread
- 1 box stevia
- 1 bottle low-sodium natural tomato juice
- 1 jar low-sodium tomato sauce
- 1 bottle balsamic vinegar
- 1 bottle red wine vinegar



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## Week 2 Meal Plan

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## Week 2

### Shopping List

#### Proteins & Dairy

- 1 can low-sodium black beans
- 3 oz extra-lean roast beef
- 3 oz turkey breast
- 1 box veggie burgers
- 1 container Laughing Cow Light cheese
- 1 lb boneless, skinless chicken breast
- 4 oz low-sodium deli-roasted chicken breast
- 5 oz cod
- 1 bag frozen edamame
- 2 oz low-sodium uncured lean ham
- 1 quart low-fat milk (skim or unsweetened rice, almond or soy milk)
- 4 oz wild-caught salmon
- 1 1-cup container nonfat Greek yogurt

#### Veggies/Fruits

- 1 apple
- 1 apricot
- 1 bunch arugula
- 1 avocado
- 2 bananas
- 1 pint blueberries
- 1 cantaloupe
- 1 container corn
- 1 cucumber
- 1 16-oz bag salad greens
- 1 honeydew
- 1 kiwi
- 1 lemon
- 1 lime
- 1 red onion
- 1 peach
- 1 red bell pepper
- 1 plum
- 1 medium Yukon Gold potato
- 1 6-oz pkg raspberries
- 1 16-oz bag baby spinach
- 2 pints strawberries
- 1 bag frozen strawberries
- 2 tomatoes

#### Whole Grains

- 1 container oatmeal
- 1 box whole-wheat rotini
- 1 box Kashi Heart to Heart waffles

#### Nuts/Seeds/Oils

- 1 jar unsalted dry-roasted peanuts
- 1 small container pine nuts
- 1 6-oz bag unsalted dry-roasted pistachios
- 1 bag unsalted sunflower seeds

#### Extras

- 1 container cinnamon
- 1 container garlic powder
- 1 container ground ginger
- 1 small jar horseradish
- 1 container chocolate protein powder

