



# Clean Eating

Improving your life one meal at a time.

## Week 2 Shopping List

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### 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 2 Shopping List

### Proteins & Dairy

- 1 bag dried black beans
- 1 lb boneless, skinless chicken breast
- 4 oz Pacific halibut
- 1 qt low-fat milk (skim, or unsweetened rice, almond or soy milk)
- 4 oz pork tenderloin
- 1 container chocolate protein powder
- 4 oz small shrimp (about 14 to 15)
- 1 16-oz pkg extra-firm tofu
- 8 oz extra-lean ground turkey
- 1 lb low-fat turkey sausage

### Veggies/Fruit

- 1 avocado
- 2 bananas
- 1 bag frozen unsweetened mixed berries
- 1 pint blueberries
- 1 medium eggplant
- 1 bunch grapes
- 1 head Romaine lettuce
- 1 mango
- 1 6-oz pkg mushrooms
- 1 medium onion
- 1 8-oz box frozen peas
- 2 large red bell peppers
- 3 large Anaheim or New Mexican green chile peppers
- 3 large sweet potatoes
- 3 12-oz bags fresh spinach
- 1 butternut squash
- 1 pint strawberries
- 2 medium tomatoes

### Whole Grains

- 1 box whole-grain woven wheat crackers (**TRY:** Triscuit Original Crackers)
- 1 lb Kamut whole-grain spaghetti
- 1 pkg whole-wheat tortillas (pkg of 10; 8 inches in diameter)

### Nuts/Seeds/Oils

- 1 3-oz bag unsalted pistachios

### Extras

- 1 jar low-sodium salsa
- 1 32-oz box low-sodium lentil soup (**TRY:** Amy's Light in Sodium Organic Lentil Soup)
- 1 jar all-natural low-sodium tomato sauce
- 1 bottle rice vinegar