



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

- 7 oz catfish fillets (freeze 4 oz for use later this week)
- 1 8-oz pkg semi-soft goat cheese
- 6 oz boneless, skinless chicken breast
- 1 16-oz bag dried chickpeas
- 1 qt low-fat strawberry kefir
- 1 qt low-fat milk (skim or unsweetened rice, almond or soy milk)
- 1 pint unsweetened plain soy milk
- 7 oz deli-style, low-sodium sliced lean roast beef
- 12 large shrimp (21 to 25 per lb)
- 8 oz sirloin steak
- 4 oz boneless, skinless turkey breast
- 1 16-oz container nonfat plain Greek-style yogurt

Veggies/Fruit

- 2 apples
- 3 bananas
- 4 medium beets
- 1 pkg frozen blueberries
- 1 bag frozen edamame
- 1 large English cucumber
- ½ lb red or green seedless grapes
- 1 head romaine lettuce
- 2 8-oz pkg white mushrooms
- 1 bunch green onions
- 2 medium yellow or white onions
- 5 oranges
- 1 pomegranate or 1 container fresh pomegranate seeds
- 1 bunch fresh sage
- 1 9-oz pkg spinach
- 1 pint Brussels sprouts
- 1 large butternut squash
- 3 medium tomatoes

Whole Grains

- 1 box whole-wheat Israeli couscous
- 1 box multigrain flaxseed crackers
- 1 pkg whole-wheat dumplings or wonton wrappers (**TRY:** Tang's Natural Whole Wheat Dumpling Wrappers or Wonton Wrappers)
- 1 pkg whole-wheat English muffins
- 1 bag ground flaxseed
- 1 box wild rice

Nuts/Seeds/Oils

- 1 container hummus
- 1 8-oz pkg unsalted pine nuts

Extras

- 1 container cayenne pepper
- 1 container ground cumin
- 1 piece fresh ginger
- 1 Gnu Foods Flavor & Fiber Cinnamon Raisin Bar
- 1 jar Dijon mustard
- 1 container paprika
- 1 box low-sodium corn soup (**TRY:** Imagine Light In Sodium Organic Creamy Harvest Corn Soup)