



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 container low-fat feta cheese
- 2 oz light Gouda cheese
- 3 oz light Havarti cheese
- 8 oz part-skim mozzarella cheese
- 14 oz boneless, skinless chicken breast
- 1 dozen eggs
- 2 5-oz basa or tilapia fillets
- ¼ lb sliced low-sodium uncured lean ham
- 1 qt low-fat milk (skim, unsweetened rice, almond or soy milk)
- 5 oz lean pork chop
- 1 4-oz salmon patty
- 1 14-oz container firm tofu
- 1 6-oz pouch tuna in water
- 1 16-oz container nonfat plain Greek-style yogurt

Veggies/Fruit

- 1 apple
- 1 15-oz jar artichokes in water
- 1 avocado
- 3 bananas
- 1 head broccoli
- 1 head cauliflower
- 1 pkg frozen edamame
- 1 grapefruit
- 1 kiwi
- 1 lemon
- 1 8-oz bag baby spring mix
- 2 white onions
- 3 oranges
- 3 pears
- 1 12-oz jar roasted red peppers in water
- 2 shallots
- 1 8-oz bag baby spinach
- 1 bag frozen strawberries
- 2 tomatoes

Whole Grains

- 1 pkg whole-wheat bread
- 1 small container whole-wheat bread crumbs
- 1 box 100% whole-wheat shredded wheat cereal (no salt or sugar added)
- 1 box Dr. Kracker Sunflower Cheddar Snackers crackers
- 1 pkg whole-wheat English muffins
- 1 box wild rice

Extras

- 1 container arrowroot powder
- 1 container ground cumin
- 1 container ground dry mustard
- 1 container dried oregano