



# 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 14-oz can black beans (BPA-free), no salt added
- 4 oz chicken breast
- 16 oz 1% cottage cheese
- 1 carton liquid omega-3 eggs
- 4 oz pork tenderloin
- 4 oz wild-caught salmon
- 4 oz flank steak
- 4 oz tilapia
- 16 oz nonfat plain Greek-style yogurt

### Veggies/Fruit

- 3 apples
- 2 bananas
- 1 bag baby carrots
- 1 large beet
- 1 head broccoli
- 1 bunch chives
- 1 bunch cilantro
- 1 cucumber
- 1 garlic bulb
- 1 bunch kale
- 1 lemon
- 1 lime
- 1 container sliced mushrooms
- 1 red onion
- 1 Vidalia onion
- 1 white onion
- 1 orange
- 1 bunch parsnips
- 1 red bell pepper
- 1 potato
- 2 lb sweet potatoes
- 1 small pkg raisins
- 5 oz fresh spinach or pre-washed baby spinach
- 5 oz pre-washed mixed salad greens
- 1 acorn squash
- 1 lb butternut squash
- 1 tomato

### Whole Grains

- 1 pkg hulled barley (barley groats)
- 1 box Nature's Path Optimum Blueberry Cinnamon cereal
- 1 box Kashi TLC Chewy Granola Bars in Trail Mix
- 1 box whole-wheat pasta

### Extras

- 1 container dried basil
- 6 cups low-sodium vegetable broth
- 1 container curry powder
- 1 container all-natural guacamole
- 1 container Dijon mustard
- 1 container dried oregano
- 1 container dried rosemary
- 1 container dried thyme
- 1 jar low-sodium tomato sauce
- 1 container turmeric