



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 pkg dried white beans or 1 large BPA-free can white beans
- 1 lb boneless, skinless catfish
- 4 oz reduced-fat cheddar cheese
- 1 16-oz container 1% cottage cheese
- 1 8-oz pkg low-fat cream cheese
- 1 8-oz container low-fat ricotta cheese
- 3 oz sliced low-sodium uncured lean ham
- ½ gallon low-fat milk (skim or unsweetened rice, almond or soy milk)
- ½ gallon plain unsweetened soy milk
- 9 oz boneless, skinless wild salmon
- 1 3-oz pouch cooked tuna
- 4 oz turkey cutlet
- 1 16-oz container nonfat plain Greek-style yogurt

Veggies/Fruit

- 1 apple
- 4 apricots
- 2 bananas
- 1 bag frozen corn (no sugar or salt added)
- 3 bunches red or green seedless grapes
- 1 honeydew melon
- 2 lemons
- 1 lime
- 2 medium onions
- 1 large orange
- 2 papaya
- 1 pineapple
(TIP: Save time by buying your pineapple pre-peeled, cored and cut into chunks)
- 1 small spaghetti squash (1½ lb)
- 2 10-oz bags spinach
- 1 large bag unsweetened whole frozen strawberries or 2 pints fresh strawberries

- 1 medium tomato
- 2 pints cherry tomatoes
- 3 medium zucchini

Whole Grains

- 1 bag pearl barley
- 1 bag cornmeal
- 1 box Wasa Crisp'n Light Mild Rye crispbreads
- 1 box Nature's Path Organic Heritage Flakes
- 1 bag corn flour
- 1 pkg whole-wheat pastry flour
- 1 pkg whole-wheat pitas (6 pitas; use 4 and freeze 2)
- 1 box wild rice
- 1 box Kashi 7 Grain Waffles

Nuts, Seeds & Oils

- 1 bag flaxseeds
- 1 jar unsalted, natural peanut butter
- 1 6-oz bag unsalted roasted pine nuts
- 1 bag unsalted roasted pumpkin seeds

- 1 8-oz bag unsalted roasted whole almonds

Extras

- 1 jar ground cinnamon
- 1 bottle chile powder
- 1 jar raw honey
- 1 bag Sucanat
- 1 bottle natural, fruit-sweetened strawberry jam
- 1 jar whole-grain mustard
- 1 container vanilla protein powder
- 1 box baking soda
- 1 jar cream of tartar
- 1 bottle low-sodium natural tomato sauce
- 1 container Za'atar