



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 8-oz container low-fat ricotta cheese
- 1 5-oz block low-fat Swiss cheese
- 4 oz boneless, skinless chicken breast
- 3 oz ground chicken breast
- 19 oz lamb tenderloin
- 8 oz lean ground pork
- 2 4-oz boneless, skinless tilapia fillets
- 10 oz firm tofu
- 1 16-oz container nonfat plain Greek yogurt

Veggies/Fruit

- 7 apricots
- 3 bananas
- 1 bag frozen fava beans or baby lima beans
- 2½ cups green beans
- 2 pint blackberries
- 2 pints raspberries
- 1 bunch celery
- 1 pint fresh cherries or 1 bag frozen sweet cherries
- 1 bunch cilantro
- 1 bag frozen edamame
- 2 bunches red seedless grapes
- 2 bunches beet greens
- 1 lime
- 2 10-oz pkg cremini mushrooms (or brown mushrooms)
- 1 4-oz pkg gourmet mixed mushrooms
- 1 oz dried porcini mushrooms
- 1 8-oz pkg white mushrooms
- 1 bunch green onions
- 3 oranges
- 1 bag frozen sliced peaches
- 3 medium plus 1 large white potatoes
- 4 Yukon gold potatoes
- 2 bags spinach
- 1 bunch fresh thyme
- 4 medium tomatoes
- 2 medium plus 1 large zucchini

Whole Grains

- 1 box whole-wheat orzo
- 1 pkg rice noodles
- 1 box quinoa

Nuts, Seeds & Oils

- 1 jar unsalted almond butter
- 1 6-oz bag unsalted, roasted peanuts
- 1 bag unsalted, roasted walnuts

Extras

- 1 box low-sodium chicken broth
- 1 container light coconut milk
- 1 container coconut water
- 1 2-inch piece ginger root
- 1 box Kashi TLC Chewy Granola Trail Mix bars
- 1 bottle pure maple syrup
- 1 container chocolate protein powder
- 1 6-oz box unsweetened raisins
- 1 bottle low-sodium soy sauce