



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

- 2 14-oz BPA-free cans black beans
- 7 oz lean ground beef
- 1 box frozen veggie burgers
- 1 pkg Queso Fresco (soft, mild Mexican cheese)
- 8 oz boneless, skinless chicken breast
- 1 bag dried brown lentils
- 7 oz pork tenderloin
- 1 4-oz skinless, boneless salmon fillet
- 1 lb cooked frozen pink salad shrimp
- 1 3-oz pouch tuna
- 2 16-oz containers nonfat plain Greek yogurt

Veggies/Fruit

- 2 avocados
- 2 bananas
- 1 bunch basil
- 1 bunch cilantro
- 3 cucumbers
- 1 piece ginger
- 1 large head romaine lettuce
- 2 mangos
- 1 large honeydew melon
- 3 nectarines
- 1 bunch green onions
- 2 peaches
- 1 large Anaheim or New Mexican green chile pepper
- 3 plums
- 2 large sweet potatoes
- 1 pint raspberries
- 2 9-oz pkg fresh spinach
- 6 medium tomatoes

Whole Grains

- 1 box hulled, pearl or quick-cooking barley
- 1 box whole-wheat sesame seed crackers
- 1 bag low-fat, all-natural granola
- 1 bag unsalted spelt pretzels
- 1 box Kamut spaghetti
- 3 whole-wheat rolls
- 1 pkg whole-wheat tortillas

Nuts, Seeds & Oils

- 1 pkg unsweetened coconut
- 1 bag unsalted, roasted walnuts

Extras

- 1 box low-sodium chicken broth
- 1 jar ground chile powder
- 1 jar ground cumin
- 1 bottle pure maple syrup
- 1 jar smoked paprika
- 1 jar crushed red pepper flakes
- 1 bag green tea
- 1 bottle rice vinegar