



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 Eden Organic Caribbean Black Beans
- 2 14-oz BPA-free cans chickpeas (aka garbanzo beans)
- 1 8-oz container low-fat cottage cheese
- 4 oz low-fat Muenster cheese
- 1 4-oz and 1 3-oz boneless, skinless chicken breast
- ½ gallon unsweetened soy milk
- 3 oz sea scallops
- 6 oz lean ground turkey
- 4 oz turkey tenderloin
- 2 oz sliced deli-fresh, all-natural, low-sodium turkey breast
- 1 16-oz container nonfat plain Greek yogurt

Veggies/Fruit

- 1 lb fresh green beans
- 3 bananas
- 1 pint blackberries
- 2 pints blueberries
- 2 pints strawberries
- 1 cantaloupe melon
- 1 head cauliflower
- 1 bunch cilantro
- 1 large mango
- 1 peach
- 1 bag frozen peas
- 1 9-oz pkg fresh spinach
- 3 medium tomatoes
- 2 medium zucchini

Whole Grains

- 1 box quick-cooking barley
- 1 box Kashi TLC Original 7 Grain Snack Crackers
- 3 whole-wheat English muffins
- 1 pkg frozen whole-wheat phyllo dough
- 1 box quinoa
- 1 pkg wild rice blend

Nuts, Seeds & Oils

- 1 bag roasted unsalted pistachios

Extras

- 1 container baba ghanoush (eggplant dip)
- 1 jar ground cayenne pepper
- 1 jar ground chile powder
- 1 jar curry powder
- 1 jar garam masala
- 1 jar Kalamata olives
- 1 container vanilla protein powder
- 1 bottle pure vanilla extract