



# Clean Eating

Improving your life one meal at a time.

## Week 1 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

### Protein & Dairy

- 1 15-oz BPA-free can black beans
- 1 15-oz BPA-free can kidney beans
- 8 oz beef eye of round
- 8 oz boneless, skinless cod
- 1 2-lb container low-fat cottage cheese
- 2 5-oz and 1 4-oz boneless, skinless chicken breasts
- 1½ dozen eggs
- ½ gallon low-fat milk (skim or unsweetened rice, almond or soy milk)
- 4 oz sliced deli-fresh, low-sodium turkey breast
- 8 oz ground turkey breast
- 1 6-oz container nonfat plain Greek yogurt

### Veggies/ Fruits

- 3 apples
- 1 ½-lb bag arugula
- 2 bananas
- 1 bunch beets with greens
- 1 bunch baby bok choy
- 1 bunch broccoli
- 1 bunch broccoli rabe
- 1 2-lb bag carrots
- 1 bunch celery
- 1 bunch cilantro
- 1 head garlic
- 1 bunch grapes
- 1 10-oz bag mixed salad greens
- 1 bunch kale

- 1 lemon
- 1 lime
- 1 small bunch mint
- 1 lb sliced shiitake mushrooms
- 1 bunch parsley
- 1 bunch romaine lettuce
- 3 yellow onions
- 1 orange
- 2 peaches
- 1 green bell pepper
- 2 red bell peppers
- 4 plums
- 2 sweet potatoes
- 1 ½-lb bag spinach
- 7 plum tomatoes
- 1 zucchini

### Whole Grains

- 1 pkg dry barley
- 1 small bag whole-wheat or brown-rice flour
- 1 box whole-wheat pasta of your choice
- 1 pkg quinoa
- 1 pkg sprouted corn tortillas

### Nuts, Seeds & Oils

- 1 jar natural unsalted peanut butter

### Extras

- 1 pkg non-alkalized cocoa powder
- 1 jar ground nutmeg
- 1 jar paprika
- 1 jar salsa
- 1 jar ground thyme
- 1 jar organic low-sodium tomato sauce