



Clean Eating

Improving your life one meal at a time.

Week 2 Shopping List

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Your Two-Week Clean Eating Meal Plan

Keep your clean-eating success up and the circumference of your waistline down this holiday season with the help of our 70 stress-busting, comforting and surprisingly slimming offerings.

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Week 2

Your Shopping List

Proteins & Dairy

- 2 oz anchovies
- 8 oz extra-lean ground beef
- 32 oz low-sodium, low-fat cottage cheese
- 10 oz boneless, skinless chicken breast
- ½ dozen eggs
- 3 oz boneless, skinless halibut
- ½ gallon low-fat milk (skim or unsweetened rice, almond or soy milk)
- ¾ lb pork tenderloin
- 6 oz boneless, skinless ahi tuna
- 6 oz pouched cooked tuna
- 4 oz boneless, skinless turkey breast
- 1 16-oz container nonfat plain Greek yogurt

Veggies/Fruit

- 2 apples
- 1 avocado
- 2 small bananas
- 4 oz fresh green beans
- 1 head red cabbage
- 1 bunch fresh chives
- 1 small bunch cilantro
- 1-inch piece ginger
- 1 grapefruit
- 1 bunch collard greens
- 1½ lb mixed greens
- 3 lemons
- 1 lb Romaine lettuce
- 1 lime
- 6 shiitake mushrooms
- 1 yellow onion
- 2 oranges
- 3 pears
- 1 red bell pepper
- ¾ lb sweet potatoes
- 1 lb fresh spinach
- 1 tangerine
- 1 tomato
- 3 10-oz bags frozen mixed vegetables

- 1 zucchini

Whole Grains

- 1 box high-fiber cereal
- 1 bag whole-wheat pastry flour
- 1 pkg whole oats
- 1 16-oz pkg whole-wheat rotini pasta
- 1 pkg sprouted corn tortillas

Nuts, Seeds & Oils

- 1 6-oz bag raw unsalted walnuts
- 1 small bottle grape seed oil
- Olive oil cooking spray

Extras

- 1 pkg frozen cranberries
- 1 small bag unsweetened coconut flakes
- 1 bottle ground cumin
- 1 bottle dried dill
- 1 jar raw honey
- 1 jar Dijon mustard
- 1 bottle dried oregano
- 1 bottle ground cayenne pepper
- 1 bottle red pepper flakes
- 1 16-oz bottle 100% pomegranate juice
- 1 box baking powder
- 1 box baking soda
- 1 bottle garlic powder
- 1 bottle onion powder
- 1 container vanilla whey protein powder
- 1 container prunes
- 1 jar organic salsa
- 1 box organic butternut squash soup
- 1 pkg Sucanat
- 1 26-oz container chopped tomatoes (**TRY:** Pomi Chopped Tomatoes)
- 1 bottle rice vinegar
- 1 container wasabi