



# 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 12-oz can white beans
- 1 can low-sodium chicken broth
- 4 oz cooked turkey burger (93% lean) or veggie burger
- 1 veggie burger patty
- 2 oz reduced-fat cheese
- 1½ cup low-fat cottage cheese
- 1 low-fat string cheese
- 1 pkg Laughing Cow Light cheese wedges
- 2¼ lb boneless, skinless chicken breast
- 1 can Amy's organic chili
- 5 eggs
- 12 oz low-fat peach kefir
- ½ gallon low-fat milk (skim or unsweetened soy, almond or rice milk)
- 4 oz pork chop
- 5 oz wild-caught salmon
- 2 veggie sausage links
- 5 oz firm tofu
- 1 4-oz can tuna packed in water
- 1 cup plain, low-fat yogurt
- 1 cup nonfat Greek yogurt

### Veggies/Fruits

- 1 Gala apple
- 2 avocados
- 1 medium banana
- 3 cups green beans
- 1 cup broccoli
- 1 head green cabbage
- 1 small bunch carrots
- 1 stalk celery
- 1 head garlic
- 1 grapefruit
- 70 grapes
- 1 large kiwi
- 2 bunches leeks
- 2 lemons
- 1 head romaine lettuce
- 2 medium onions
- 1 orange
- 1 parsnip

- 1 pear
- 1 pineapple
- 1 medium sweet potato
- 2 cups raspberries
- 1 small bunch spinach
- 1 bag frozen strawberries
- 1 large tomato
- 1 plum tomato

### Whole Grains

- 1 box/bag pearly barley
- 1 loaf multigrain bread
- 1 box Fiber One Cereal
- 1 box Kashi GoLean cereal
- 1 box Nature's Path Heritage Flakes
- 1 small bag whole-wheat flour
- 2 medium whole-wheat rolls
- 1 box Kashi GoLean waffles

### Nuts/Seeds/Oils

- 1 small bottle walnut oil
- 30 unsalted peanuts
- 2 oz toasted pine nuts
- 2 tbsp pumpkin seeds
- 10 walnuts

### Extras

- 5 dried apricots
- 2 cans/jars artichokes in water
- 2 bay leaves
- Cinnamon
- Oregano
- 1 can/jar pineapple juice
- Dried parsley
- 1 small bottle low-sugar BBQ sauce
- 1 small bottle low-sodium soy sauce
- 1 small container apple cider vinegar
- 1 small bottle white wine vinegar
- Thyme

