



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 can low-sodium black beans
- 1 box black bean veggie burgers (One to try: Morningstar Farms Spicy Black Bean Veggie Burgers)
- 1 pint 1% cottage cheese
- 1 pint low-fat ricotta cheese
- 1 lb boneless, skinless chicken breast
- 2 oz deli-fresh low-sodium chicken breast
- 1 dozen eggs
- 1 4-oz container reduced-fat feta cheese
- 3 oz nitrate-free low-sodium lean ham
- 1 container low-fat strawberry kefir
- 1 quart low-fat milk (skim or unsweetened rice, almond or soy milk)
- 1 12-oz can unsweetened light coconut milk
- 8 oz part-skim mozzarella
- 4 oz lean pork cutlet
- 1 6-oz can salmon in water
- 1 lb cooked ready-to-eat shrimp, tails removed
- 5 oz tilapia
- 3 oz deli-fresh low-sodium turkey breast
- 1 container nonfat Greek-style yogurt
- 1 pint low-fat plain yogurt

Veggies/Fruits

- 2 apples
- 1 apricot
- 1 bunch arugula
- 1 avocado
- 2 bananas
- ½ lb green beans
- 1 bunch broccoli
- 1 cantaloupe
- 1 bag baby carrots
- 1 head cauliflower
- ½ lb cherries
- 1 cucumber
- 1 piece fresh ginger
- 1 lb grapes
- 1 grapefruit
- 1 16-oz bag salad greens
- 1 small head Boston leaf lettuce
- 2 portobello mushrooms
- 1 red onion
- 1 orange
- 1 bunch curly leaf parsley
- 1 peach
- 1 red bell pepper
- 1 pineapple
- 1 bag frozen pineapple
- 1 container raspberries
- 1 16-oz baby spinach
- 1 pint strawberries
- 1 bag frozen strawberries
- 2 lbs tomatoes

