



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

- 14 oz boneless, skinless chicken breast
- 1 32-oz bag dried chickpeas
- 1 qt low-fat milk (skim or unsweetened rice, almond or soy milk)
- 1 pkg salmon patties
- 1 lb top-round buffalo steak or lean beef stew meat
- 1 3-oz pouch water-packed tuna, unsalted
- 1 14-oz container firm tofu
- 5 oz trout
- 2 6-oz containers nonfat Greek-style yogurt

Veggies/Fruits

- 1 apple
- 1 avocado
- 1 banana
- 1 16-oz bag frozen blueberries
- 2 lbs fresh broccoli or 2 14-oz bags frozen broccoli florets
- 1 16-oz pkg frozen cherries
- 1 cucumber
- 1 bulb garlic
- 1 grapefruit
- 3 kiwis
- 3 lemons (2 lemons optional)
- 1 head romaine lettuce
- 1 red onion
- 1 large yellow onion
- 3 oranges
- ½ lb snow peas
- 1 medium sweet potato
- 1 16-oz bag baby spinach
- 6 Roma tomatoes
- 1 6-oz jar tomato paste

Nuts/Seeds/Oils

- 1 container unsalted sesame seeds
- 1 jar sesame tahini

Extras

- 1 container bay leaves
- 1 container dried coriander
- 1 container paprika
- 1 container cayenne pepper (optional)
- 1 small jar saffron (optional)
- 1 16-oz container mushroom soup (TRY: Imagine Creamy Portobello Mushroom Soup)
- 1 bottle low-sodium soy sauce
- 1 container turmeric

Notes: