



# 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 pkg dried white beans or 1 BPA-free can white beans
- 4 oz all-natural deli-fresh low-sodium roast beef
- 1 pkg Jennie-O All Natural Quarter Pound Turkey Burgers
- 1 8-oz pkg low-fat mozzarella string cheese
- 8 oz boneless, skinless chicken breast
- 16 oz pork tenderloin, sliced into 4 oz steaks
- 4 oz wild-caught salmon
- 3 oz large peeled and deveined raw shrimp
- 1 3-oz pouch tuna in water

### Veggies/Fruits

- 1 banana
- 1 lb green beans
- 1 pkg frozen baby lima beans
- 1 beet
- 1 pint blackberries
- 1 pint blueberries
- 1 cantaloupe
- 1 stalk celery
- 3 cobs of corn
- 2 medium cucumbers
- 1 bunch red or green seedless grapes
- 1 medium jicama
- 1 head Romaine lettuce
- 1 mango
- 2 nectarines
- 2 medium red onions
- 2 oranges
- 1 small papaya
- ½ lb snow peas
- 1 small green bell pepper

- 2 large red bell peppers
- 2 medium yellow bell peppers
- 1 jalapeño pepper
- 2 plums
- 1 medium white potato
- 1 pint raspberries
- 1 summer squash
- 6 medium tomatoes
- 1 small turnip
- 1 zucchini

### Whole Grains

- 1 small box quinoa
- 1 lb whole-wheat pizza dough (freeze ½ lb)
- 1 tube organic precooked polenta (**TRY:** Trader Joe's Organic Polenta)
- 1 box medium-grain brown rice
- 1 pkg whole-wheat rolls

### Nuts/Seeds/Oils

- 1 jar unsalted almond butter
- 1 container olive oil cooking spray
- 1 pkg unsalted roasted pecans
- 1 pkg unsalted sunflower seeds

### Extras

- 1 jar all-natural mango chutney
- 1 bunch cilantro
- 1 pint unsweetened all-natural carrot juice
- 1 jar Kalamata olives
- 1 bottle dried oregano
- 1 box low-sodium butternut squash soup
- 1 container pure maple syrup
- 1 bottle red wine vinegar
- 1 bottle rice vinegar

