



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 lb extra-lean ground beef
- 3 oz extra-lean roast beef
- 4 oz boneless, skinless chicken breast
- 1 8-oz can chickpeas or fresh from bag
- ½ dozen eggs
- 5 oz Pacific halibut fillet
- 8 oz tilapia fillets
- 2 oz low-sodium uncured lean ham
- 1 container low-fat raspberry kefir
- 1 qt low-fat milk (skim or unsweetened rice, almond or soy milk)
- 12 large shrimp
- 6 oz deli-fresh low-sodium turkey breast
- 6-oz container nonfat Greek-style yogurt
- 1 16-oz container low-fat plain yogurt

Veggies/Fruits

- 2 apples
- 3 bananas
- 1 bunch basil
- 1 16-oz bag frozen blueberries
- 1 bunch broccoli
- 1 12-oz bag frozen yellow corn
- 2 large cucumbers
- 1 small eggplant
- 1 grapefruit
- 1 small bunch kale
- 2 kiwis
- 1 head romaine lettuce
- 1 red onion
- 1 yellow onion
- 2 pears
- 1 red bell pepper
- 1 Yukon Gold potato
- 1 16-oz bag baby spinach
- 3 Roma tomatoes

Whole Grains

- 1 box whole-wheat elbow macaroni
- 1 pkg whole-wheat English muffins

Extras

- 1 container sea salt
- 16 oz low-sodium lentil soup



Notes: