



# Clean Eating

Improving your life one meal at a time.

## Week 2 Shopping List

Volume 5, Issue 2 - March 2012 27

### Your Two-Week Clean Eating Meal Plan

Banish the mid-winter “blahs” and the allure of fad diets with a satisfying 14 days of hearty, lip-smacking meals.

### Subscribe Today!

Visit [cleaneating.com/subscribe](http://cleaneating.com/subscribe)

### Miss an issue?

Get your Back Issue here, Visit [cleaneating.com/backissues](http://cleaneating.com/backissues)

## Week 2

### Your Shopping List

#### Proteins & Dairy

- 2 14-oz BPA-free cans black beans
- 1 14-oz BPA-free can red kidney beans
- 5 oz cubed low-fat cheddar
- 1 lb boneless, skinless chicken breast
- 1 4-oz boneless, skinless halibut fillet
- 1 3-oz boneless, skinless wild salmon fillet
- 1 2-lb pork loin roast
- 4 oz shrimp, peeled and deveined
- 2 4-oz flank steaks
- 4 2.6-oz pouches StarKist Low-Sodium Chunk Light Tuna
- 1 box all-natural turkey burgers (TRY: Jennie-O All Natural Turkey Burgers)
- 1 8-oz container low-fat sour cream
- 1 32-oz container nonfat plain Greek yogurt

#### Veggies/Fruit

- 2 avocados
- 3 bananas
- 1 bunch celery
- 2 mangos
- 2 grapefruits
- 1½ lb fresh pineapple chunks
- 1 large head cabbage
- 1 large head cauliflower
- 1 head romaine lettuce
- 2 cucumbers
- 1 3-inch piece fresh ginger
- 1 bunch fresh basil
- 1 bunch fresh cilantro
- 1 bunch fresh parsley
- 1 bunch fresh sage
- 1¾ lb sweet potatoes (6 to 7 potatoes)
- 2 lb turnips (2 to 3 turnips)

#### Whole Grains

- 1 box Kashi Go Lean cereal
- 1 pkg Wasa Light Rye Crispbreads
- 1 box whole-wheat penne
- 1 box brown basmati rice
- 1 box brown rice
- 1 pkg whole-wheat buns or hamburger rolls
- 1 pkg 8-inch whole-wheat tortillas

#### Nuts, Seeds & Oils

- 1 bag unsweetened coconut flakes
- 1 bag roasted unsalted cashews
- 1 container sesame seeds
- 1 jar tahini or sesame seed paste

#### Extras

- 1 bag frozen blueberries
- 1 bag frozen shelled edamame
- 1 14-oz container coconut milk
- 1 bottle ground chile powder
- 1 bottle curry powder
- 1 bottle cumin seeds
- 1 bottle mustard seeds
- 1 bottle turmeric
- 1 bottle red pepper flakes
- 1 container vanilla protein powder
- 1 jar low-sodium salsa
- 2 cans Amy's Light in Sodium Organic Minestrone Soup
- 1 bottle pure maple syrup

**TIP:** Freeze one banana when you get home from the store's snack!