

Clean Eating

Improving your life, one meal at a time.

Your 14-Day Clean Eating Meal Plan Shopping List

See the Nov/Dec 2010 issue of Clean Eating for two weeks of mix 'n' match meal plans to accompany these lists!

Your Shopping List - Week Two

PROTEINS & DAIRY

- 7 oz catfish fillets (freeze 4 oz for use later this week)
- 1 8-oz pkg semi-soft goat cheese
- 6 oz boneless, skinless chicken breast
- 1 16-oz bag dried chickpeas
- 1 qt low-fat strawberry kefir
- 1 qt low-fat milk (skim or unsweetened rice, almond or soy milk)
- 1 pint unsweetened plain soy milk
- 7 oz deli-style, low-sodium sliced lean roast beef
- 12 large shrimp (21 to 25 per lb)
- 8 oz sirloin steak
- 4 oz boneless, skinless turkey breast
- 1 16-oz container nonfat plain Greek-style yogurt

VEGGIES/FRUITS

- 2 apples
- 3 bananas
- 4 medium beets
- 1 pkg frozen blueberries
- 1 bag frozen edamame
- 1 large English cucumber
- ½ lb red or green seedless grapes
- 1 head romaine lettuce
- 2 8-oz pkg white mushrooms
- 1 bunch green onions
- 2 medium yellow or white onions
- 5 oranges
- 1 pomegranate or 1 container fresh pomegranate seeds
- 1 bunch fresh sage
- 1 9-oz pkg spinach
- 1 pint Brussels sprouts
- 1 large butternut squash
- 3 medium tomatoes

WHOLE GRAINS

- 1 box whole-wheat Israeli couscous
- 1 box multigrain flaxseed crackers
- 1 pkg whole-wheat dumplings or wonton wrappers
(TRY: Tang's Natural Whole Wheat Dumpling Wrappers or Wonton Wrappers)
- 1 pkg whole-wheat English muffins
- 1 bag ground flaxseed
- 1 box wild rice

NUTS/SEEDS/OILS

- 1 container hummus
- 1 8-oz pkg unsalted pine nuts

EXTRAS

- 1 container cayenne pepper
- 1 container ground cumin
- 1 piece fresh ginger
- 1 Gnu Foods Flavor & Fiber Cinnamon Raisin Bar
- 1 jar Dijon mustard
- 1 container paprika
- 1 box low-sodium corn soup
(TRY: Imagine Light In Sodium Organic Creamy Harvest Corn Soup)