

POPSUGAR.

Clean-Eating Plan

SHOPPING LIST: WEEK 2

FRESH PRODUCE

- Apple** (1)
- Arugula** (7 3/4 cups)
- Avocados** (2)
- Bananas** (4)
- Basil** (1 bunch)
- Carrots** (3 medium)
- Cilantro** (1 tablespoon — optional)
- Cucumber** (1 medium, about 11/2 cups)
- Cauliflower** (1 large head)
- Fennel** (1 bulb)
- Garlic** (1 head)
- Ginger root** (1 2-inch piece)
- Grapes** (2 1/2 cups)
- Kiwis** (2)
- Lemons** (2 large)
- Lime** (1)
- Orange** (1)
- Portobello mushrooms** (2 large)
- Red onion** (1 large)
- Red potato** (1 small)
- Scallions** (2 bunches)
- Spaghetti squash** (1 medium, about 3 pounds)
- Strawberries** (1 pint)
- Swiss chard** (6 cups/2 bunches)
- Tomatoes** (2 medium)
- Tomatoes, grape** (2 cups)

"MILK" AND EGGS

- Almond milk, unsweetened** (1 1/2 cups + 1 tablespoon)
- Eggs** (8 large)

PROTEINS

- Chicken breast, boneless, skinless** (12 ounces)
- Cod fillet** (6 ounces)
- Peeled raw shrimp** (4 ounces)

FROZEN

- Precooked shelled edamame** (3 1/4 cups)
- Sweet corn kernels** (1 1/4 cups)

PANTRY

- Albacore tuna OR wild salmon** (1 5-ounce can)
- Chicken broth, reduced sodium** (3 1/3 cups + 2 tablespoons)
- Peanut butter** (4 tablespoons + 2 teaspoons)
- Tahini** (4 teaspoons)

GRAINS

- Bulgur wheat, uncooked** (1 cup)
- Long-grain brown rice** (1 1/4 cups, uncooked)
- Quinoa** (1 cup + 2 tablespoons)

BEANS, NUTS, AND SEEDS

- Canned black beans** (1 15-ounce can)
- Canned white beans** (1 15-ounce can)
- Chickpea flour** (2 cups + 2 teaspoons)
- Hemp seeds** (2/3 cup)
- Pecans** (1/2 cup chopped + 10 halves)
- Sesame seeds** (3 teaspoons)

OILS, VINEGARS, AND CONDIMENTS

- Coconut oil** (4 teaspoons)
- Mayonnaise** (1 tablespoon + 2 teaspoons)
- Olive oil** (3/4 cup + 1 tablespoon)
- Balsamic vinegar** (3 teaspoons)
- Rice vinegar** (5 teaspoons)
- Sesame oil** (6 teaspoons)
- Tamari or soy sauce** (2 tablespoons + 2 1/2 teaspoons)

DRIED SPICES

- Black pepper, ground** (1/4 teaspoon)
- Chipotle powder** (1/8 teaspoon) or chipotle paste (1/4 teaspoon)
- Cinnamon** (3/4 teaspoon)
- Cumin, ground** (1/2 teaspoon)
- Garlic powder** (1/2 teaspoon)

SWEETENERS AND TREATS

- Cacao powder** (1 1/2 teaspoons)
- Honey** (1 teaspoon)
- Maple syrup** (2 3/4 teaspoons)
- Justin's Mini Dark Chocolate Peanut Butter Cups** (2)