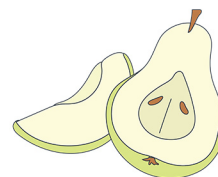


2-Week Clean-Eating Plan

SHOPPING LIST: WEEK 1



FRESH PRODUCE

- Apples (3)
- Arugula (1 cup)
- Avocados (3 — 1 ripe, 2 almost ripe)
- Baby spinach (8 cups)
- Bananas (3)
- Red bell pepper (1 large)
- Butternut squash (1 medium)
- Cabbage (1 1/2 cups shredded — purple or green)
- Cauliflower (1 small head)
- Garlic (5 cloves)
- Grapes (4 3/4 cups)
- Lemons (2)
- Lettuce (2 cups chopped + 9 full leaves — romaine or bibb)
- Mushrooms, white (2/3 cup)
- Mushrooms, portobello caps (2)
- Onions, red (2 — 1 large and 1 medium)
- Onions, yellow (2 small)
- Oranges (2)
- Parsnips (3)
- Pears (2)
- Sweet potato (1 medium)
- Tomatoes (2 medium)



FROZEN PRODUCE

- Corn kernels (2 2/3 cups)
- Edamame, frozen out of shell (1 cup)
- Edamame, frozen in shell (1 1/4 cups)
- Pineapple, frozen unsweetened (1 cup)

“MILK” AND EGGS

- Almond milk, unsweetened plain (4 1/2 cups)
- Eggs (11 large)

PROTEINS

- Chicken breast, skin-on, bone-in (8 ounces)
- Chicken breast, boneless and skinless (8 ounces)
- Salmon, wild (6 ounces)
- Turkey, ground (1 pound)

GRAINS

- Brown rice (1 1/2 cups)
- Bulgur wheat (1 cup)
- Oats, rolled (1 1/3 cups)

PANTRY

- Albacore white tuna in water (5-ounce can)
- Almond butter (1/2 cup)
- Chicken broth, low-sodium (1 3/4 cups)
- Coconut milk (15-ounce can)
- Green chilies (4-ounce can)
- Popcorn kernels (2 tablespoons)
- Tomato paste (2 1/2 tablespoons)
- Tomatoes, diced (14.5-ounce can)



BEANS, NUTS, AND SEEDS

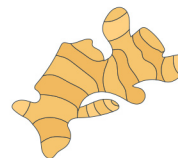
- Black beans (15-ounce can)
- Chia seeds (4 teaspoons)
- Kidney beans (15-ounce can)
- Walnuts (6 tablespoons)

OILS, VINEGARS, AND CONDIMENTS

- Balsamic vinegar (1 teaspoon)
- Coconut oil (1 tablespoon)
- Mayonnaise, regular (3 tablespoons + 1 teaspoon)
- Mustard, dijon (1 teaspoon)
- Olive oil (1 1/3 cups)
- Red wine vinegar (1 tablespoon)
- Salsa (1/4 cup)

DRIED SPICES

- Black pepper, ground
- Chili powder (2 tablespoons + 1/4 teaspoon)
- Chipotle chili powder (1/2 teaspoon)
- Cinnamon, ground (1 teaspoon)
- Cumin, ground (3/4 teaspoon)
- Garlic powder (1 tablespoon + 1/4 teaspoon)
- Ginger, ground (1/8 teaspoon)
- Kosher salt (1/4 teaspoon)
- Oregano (1 1/2 teaspoons)
- Thyme (1/2 teaspoon)
- Vanilla extract (1 1/4 teaspoons)



SWEETENERS AND TREATS

- Cocoa or cacao powder, unsweetened (3 tablespoons)
- Dark chocolate, 65% cacao or higher (1 1/4 ounces)
- Honey (1 teaspoon)
- Maple syrup (2 tablespoons + 1/2 teaspoon)