

2-Week Clean-Eating Plan

SHOPPING LIST: WEEK 2

FRESH PRODUCE

- Apples (3 medium)
- Arugula (2 cups)
- Avocado (1)
- Bananas (5 medium)
- Basil leaves, fresh (1/4 cup)
- Brussels sprouts (4 cups)
- Carrots (3 large)
- Collard leaves (3 large)
- Cucumber (1 medium)
- Eggplant (1 medium)
- Fennel bulb (1 medium)
- Garlic cloves (8)
- Grapefruits (2 large)
- Kale (4 1/2 cups chopped)
- Lemons (2)
- Onion, red (1)
- Onion, yellow (1 medium)
- Oranges (2 medium)
- Potatoes, yukon gold (2 large)
- Tomatoes (2 medium)
- Zucchini (1 small and 1 large)



FROZEN PRODUCE

- Raspberries (3 cups)

"MILK" AND EGGS

- Almond milk, unsweetened plain (2 cups + 1 tablespoon)
- Eggs (17 large)

PROTEINS

- Cod fillets (2 6-ounce)
- Hummus (3/4 cup + 1 tablespoon)
- Shrimp, peeled and deveined (10 ounces)
- Steak, tri-tip beef (4 ounces)
- Tofu, firm (14-ounce package)
- Turkey, roasted nitrite/nitrate-free (4 slices)

GRAINS

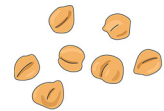
- Oats, rolled (2 1/2 cups)
- Quinoa (2 cups uncooked)

PANTRY

- Baking powder (2 teaspoons)
- Coconut, unsweetened shredded (1 cup + 2 teaspoons)
- Cranberries, dried (2 tablespoons)
- Dates, dried medjool (1/3 cup, about 4)
- Marinara sauce, no sugar added (2 cups)
- Peanut butter, smooth (3/4 cup + 1 tablespoon)

BEANS, NUTS, AND SEEDS

- Chia seeds (3/4 cup)
- Chickpeas (2 15.5-ounce cans)
- Lentils, red dried (1/2 cup)
- Peanuts, unsalted roasted (1/4 cup)
- Pistachios, shelled (1/4 cup)
- Walnuts (1/2 cup)
- White beans (2 15.5-ounce cans)



OILS, VINEGARS, AND CONDIMENTS

- Apple cider vinegar (3 tablespoons)
- Balsamic vinegar (1 tablespoon)
- Coconut oil (2 tablespoons)
- Dijon mustard (1 teaspoon)
- Olive oil (1/2 cup + 2 tablespoons)
- Salsa (2 tablespoons)
- Soy sauce (1 teaspoon)



DRIED SPICES

- Basil (1 teaspoon)
- Black pepper
- Cinnamon (1 tablespoon + 1/4 teaspoon)
- Cumin, ground (1/4 teaspoon)
- Oregano (1 teaspoon)
- Sea salt
- Vanilla extract (1 1/2 teaspoons)

SWEETENERS AND TREATS

- Cacao powder or unsweetened cocoa powder (1 tablespoon)
- Chocolate chips, mini dark (4 tablespoons)
- Honey (1/2 cup + 3/4 teaspoon)
- Maple syrup (4 teaspoons)