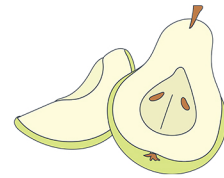


2-Week Clean-Eating Plan

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)
- ☐ Onion, red (2 — 1 large and 1 medium)
- ☐ Onion, 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

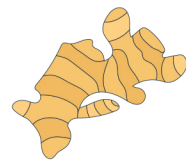
- ☐ Black beans (15-ounce can)
- ☐ Chia seeds (4 teaspoons)
- ☐ Kidney beans (15-ounce can)
- ☐ Walnuts (6 tablespoons)

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 cup)
- ☐ 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)