

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)