

POPSUGAR.

Clean-Eating Plan

SHOPPING LIST: WEEK 1

FRESH PRODUCE

- Apples (2)
- Avocado (1)
- Bananas (4)
- Basil, fresh (1 bunch)
- Blueberries (1/2 pint)
- Broccoli (2 cups/1 large head or 2 small)
- Carrots (2 cups shredded + 1 cup chopped/about 1-pound bag)
- Collard greens (1 small bunch)
- Cucumber (1)
- Garlic (1 whole bulb)
- Kale (4 cups/1 bunch)
- Lemons (2)
- Mushrooms, cremini (1 small container)
- Onion, yellow (1 large or 2 small)
- Oranges (2)
- Parsley (1 bunch)
- Parsnips (2 medium)
- Pears (2)
- Potatoes, russet (2)
- Potato, yellow (1 small)
- Red bell pepper (2)
- Spinach, baby (1 bag/3 1/2 cups)
- Sweet potatoes (2 medium)
- Tomatoes, grape (1 small container)
- Zucchini (2 medium)

"MILK" AND EGGS

- Almond milk, unsweetened vanilla (10 cups/80 ounces)
- Eggs, large (11)

PROTEINS

- Beef, tenderloin — grass fed, if possible (8 ounces)
- Chicken thighs, skinless and boneless (12 ounces)
- Salmon fillet (8 ounces)
- Tofu, extra firm (1 14-ounce block)

PANTRY

- Albacore tuna in water (5-ounce can)
- Almond butter (1/2 cup)
- Marinara sauce — sugar free, if possible (1 1/4 cups)

GRAINS

- Buckwheat, toasted (1 1/4 cups uncooked)
- Oats, rolled (1 cup)
- Cornmeal (1/2 cup)

BEANS, NUTS, AND SEEDS

- Cashews, raw (1 cup)
- Chia seeds (1/2 cup)
- Garbanzo beans (15-ounce can)
- Pistachios (1/3 cup)
- Walnuts (1/3 cup)

OILS, VINEGARS, AND CONDIMENTS

- Apple cider vinegar (4 teaspoons)
- Balsamic vinegar (4 teaspoons)
- Coconut oil (2 1/2 teaspoons)
- Mayonnaise, regular (1 1/2 tablespoons)
- Mustard, grainy (2 tablespoons + 1 teaspoon)
- Olive oil (1/3 cup)
- Red pepper sauce (like sriracha) (optional)
- Rice vinegar (1 tablespoon)
- Soy sauce or tamari (1 teaspoon)

DRIED SPICES

- Black pepper, ground (about 1 teaspoon)
- Cardamom, ground (1/2 teaspoon)
- Chili powder (1/4 teaspoon)
- Cinnamon, ground (2 1/2 teaspoons)
- Cloves, ground (pinch)
- Cumin, ground (3/4 teaspoon)
- Garlic powder (1 1/4 teaspoons)
- Ginger, ground (1/8 teaspoon)
- Kosher salt (about 3 teaspoons)
- Oregano (1/2 teaspoon)
- Paprika (1/4 teaspoon)
- Turmeric, ground (2 teaspoons)
- Vanilla extract (4 teaspoons)

SWEETENERS AND TREATS

- Cacao nibs (about 2 tablespoons)
- Cocoa powder, unsweetened (2 teaspoons)
- Coconut, unsweetened shredded (1/2 cup)
- Dark chocolate, 65% cacao or higher (1 ounce)
- Medjool dates (3)
- Honey (1/4 cup)