

Clean Eating

WEEK 2: SHOPPING LIST

PROTEINS & DAIRY

- 1 qt plain unsweetened nondairy milk
- 1 dozen large eggs
- 4 4-oz boneless, skinless chicken breasts
- 8 oz sashimi-grade wild Alaskan salmon
- 8 oz raw (16-20 ct) shrimp, peeled and deveined
- 8 oz lean ground turkey
- 2 4-oz beef tenderloin fillets

VEGGIES & FRUITS

- 1 head butter lettuce
- 3 oz baby spinach
- 7½ oz baby lettuce mix
- 1 large sweet potato
- 1 head cauliflower (or 2 cups riced cauliflower)
- 1 head broccoli
- 4 carrots
- 5 Persian cucumbers
- 1 zucchini
- 2 small yellow onions
- 1 red bell pepper
- 5 oz cremini mushrooms
- 1 head garlic
- ¼-inch piece fresh ginger
- 3 avocados
- 1 banana
- 2 mangos
- 1 lime

- 1 Roma tomato
- 1 bunch fresh rosemary
- 1 bunch fresh thyme
- 1 bunch fresh chives
- 1 bunch cilantro

NUTS, SEEDS & OILS

- 1 bottle toasted sesame oil

EXTRAS

- 1 bag frozen edamame
- 1 jar no-sugar-added apricot preserves
- 2 packages seaweed snack sheets
- 1 jar fire-roasted red peppers

PANTRY STAPLES

- 1 bottle apple cider vinegar
- 1 bottle black or white sesame seeds
- 1 bottle onion powder (**TRY:** Simply Organic Onion Powder)
- 1 bottle nutmeg