Clean Eating
Week 3

Grocery List

VEGETABLES

- 1 green onions
- 1 avocado
- 2 tomatoes
- baby spinach
- 2 cups mushrooms
- cilantro
- 1 inch ginger knob
- 4 cloves garlic
- 1 green bell pepper
- 2 onion
- 1 cup corn

PROTEIN

- 8 chicken breasts
- Feta cheese
- Mozzarella cheese
- 1/2 lb ground pork
- 1/2 lb ground beef
- 1 lb ground turkey
- 1/3 plain greek yogurt
- 1 egg
- 1 cup milk
- 1 cup sour cream

SPICES

- 1 TBSP cajun seasoning
- 1 tsp garlic powder
- 2 tsp oregano
- 3 TBSP chili powder
- 2 tsp cumin
- 1/2 tsp cayenne powder
- 1/2 tsp cinnamon
- 1 cup chicken broth
- 1 cup beef broth
- 1-2 bay leaves
- salt and pepper

OILS, NUTS, BAKING GOODS

- 6 TBSP extra virgin olive oil
- 1 TBSP lemon juice
- 4 whole wheat or sprouted tortillas
- 1/3 bread crumbs
- 1 tbsp Worcestershire
- 2 TBSP flour
- 1 cup unsweetened coconut milk
- 1 28 oz diced tomatoes
- 1 can of black beans