# Clean Eating
## Week 1

Grocery List

### VEGETABLES

- 3 white onion
- 7 cloves garlic
- 3 celery sticks
- 12 oz shredded carrots
- 16 oz mushrooms
- 5-6 red potatoes
- 1 knob ginger
- 1 cup spinach
- 1 head broccoli
- _____
- _____

### PROTEIN

- 1 lb ground turkey
- 4-6 tilapia filets, fresh or frozen
- 4-6 chicken breasts
- 2 eggs
- _____

### SPICES

- paprika
- garlic powder
- salt
- pepper
- cajun spice, lemon pepper

### OILS, NUTS, BAKING GOODS

- 1 cup chicken broth
- 1 TBSP butter
- 2 TBSP flour
- 1/4 cup whole wheat bread crumbs
- 1/2 cup almonds
- 1/2 cup dijon mustard
- 2 TBSP extra virgin olive oil
- 1 can diced pineapple
- 1/2 cup soy sauce
- 1 cup quinoa
- _____

### EXTRAS

- _____
- _____
- _____
- _____
- _____