Clean Eating
Week 5

Grocery List

VEGETABLES

- 9 cloves garlic
- lettuce, tomatoes - taco extras
- 2 avocados
- 2 lemon
- 1 bunch parsley
- 1 spaghetti squash
- 1 small onion
- 1 red pepper
- 1 green pepper

PROTEIN

- 1 lb chicken breast
- 3 lbs chicken breast/legs/thighs
- 1 cup greek yogurt
- 16 oz shrimp
- 1 lb ground beef

SPICES

- 2 tsp minced onions
- 1 tsp salt
- 1 tsp chili powder
- 1/2 tsp red pepper flakes
- 1 1/4 tsp dried oregano
- 3/4 tsp cumin
- 1/2 tsp basil

OILS, NUTS, BAKING GOODS

- 7 TBSP extra virgin olive oil
- 1/2 cup chicken broth
- 12 oz whole wheat pasta
- 1 cup pesto
- 2 cans (14.5) diced tomatoes
- 1 can (14.5) tomato sauce
- 2 cups beef broth
- 1 cup brown rice