Clean Eating

Week 4

Grocery List

VEGETABLES

- 1 1/2 onions
- 9 cloves garlic
- 1 eggplant
- 5 tomatoes
- 2 bunches green onions
- 3 avocado
- 1 shallot
- 2 small zucchini
- 10 small peppers
- 1 cup grape tomatoes
- 1 lime
- 2 cups corn
- 15 oz can artichoke hearts in water

PROTEIN

- 5-6 lbs chicken breasts
- 4 salmon fillets
- 3 cups Monterrey Jack cheese
- 3/4 cup milk
- 1 TBSP butter
- 1/3 cup feta cheese

SPICES

- 2 TBSP curry paste
- 2 tsp garam masala
- 1 TBSP ginger paste
- 1 tsp sage
- 1 1/2 tbsp thyme
- 1 TBSP Italian seasoning
- 1/8 tsp cumin
- salt and pepper
- cilantro

OILS, NUTS, BAKING GOODS

- 6 TBSP extra virgin olive oil
- 8 cups chicken broth
- 1 cup quinoa
- 3 cups red enchilada sauce
- 16 small corn tortillas
- 2 15 oz cans black beans
- 1/4 cup white wine
- 1 1/2 tbsp dijon mustard
- 1/4 cup sun dried tomatoes
- 1/3 cup balsamic vinegar
- 1 1/2 cups whole wheat pasta
- 2 cups of tomato puree