Clean Eating

Week 2

Grocery List

VEGETABLES

- 5 red bell peppers
- 1 small cauliflower
- 1 white onion
- 9 cloves garlic
- 1 red onion
- 1 large cucumber
- 3 roma tomatoes
- 1 lemon (lemon juice)
- romaine lettuce
- mixed greens
- 4 medium carrots
- 1 bunch green onions

PROTEIN

- 1 lb ground turkey
- 5-7 chicken breasts
- 1 can salmon (14.75 oz)
- 1 egg
- 8 oz feta cheese
- 1 cup plain greek yogurt

EXTRAS

- _____
- _____
- _____

SPICES

- 1 tsp thyme
- 1 tsp paprika
- 1 tsp oregano
- 1 tsp dill
- 1 1/4 tsp garlic powder
- 1 tsp seafood seasoning
- 1/2 red pepper flakes
- 1 TBSP sugar
- salt and pepper

OILS, NUTS, BAKING GOODS

- 6 TBSP extra virgin olive oil
- 8 1/4 cups chicken broth
- 3 TBSP red wine vinegar
- 1/2 cup dijon mustard (or more)
- 1/4 cup maple syrup
- 1 TBSP rice wine vinegar
- 1/2 cup whole wheat bread crumbs
- 1/2 cup soy sauce
- 1 tsp cornstarch
- 1 box whole wheat spaghetti
- tortillas/pitas