

**CLEAN**



## **MEAL PLAN SHOPPING LIST**

### **MISC:**

Great Lakes Gelatin Collagen Hydrolysate Protein Powder (or other single ingredient protein powder)

1 pkg raw cacao powder

1 container unsweetened vanilla almond milk (or homemade almond milk)

2 dozen organic eggs

### **DAIRY:**

1 pkg goat cheese (optional, only need 1 oz serving for one meal)

### **FLAVOR:**

1 bottle Tessamae salad dressing (available at Whole Foods or online)

1 bottle olive oil

1 bottle balsamic vinegar

1 small jar of no sugar added salsa

Salt, pepper

mustard or dijon mustard

dill weed (suggestion for adding to tuna salad mixture)

tarragon (suggestion for adding to roasted carrots)

1 serving guacamole

1 jar no sugar added organic marinara sauce

### **VEGETABLES:**

3 medium zucchini

2 red bell peppers

1 package mini sweet peppers

1 pkg celery

1 2/3 cup cherry tomatoes

1 medium yellow onion

1 pkg green onions

2.5 cups baby carrots or 1 pkg regular carrots

2 cups Baby Bella sliced mushrooms

11 cups raw baby spinach, and 1 head of butter lettuce  
1 cup green beans  
1 pkg frozen broccoli florets  
2.5 cups of raw cauliflower or 2 pkgs frozen Trader Joe's frozen riced cauliflower  
3 cups cucumber slices or 2 medium whole cucumbers

## **NUTS:**

1 small package whole raw almonds  
1 small jar of unsalted, no sugar added creamy almond butter

## **PROTEIN:**

1-2 pkgs Applegate roasted turkey slices  
1 white fish fillet  
2-3 salmon fillets  
2 servings organic ground beef  
4 large boneless skinless chicken breasts  
2 regular size cans of water packed albacore tuna

## **FRUIT:**

7 green tipped bananas  
3 medium avocados

