28 Days TO CLEAN EXPRESS

WEEK 2 SHOPPING LIST

MEAT

- ☐ Shrimp, uncooked - 4 oz
- ☐ Ground Beef - 1lb
- ☐ Chicken Breast - 1 (8 oz)
- ☐ Salmon Fillet - 1 (6 oz)

CANNED

- ☐ Tomato Sauce - 1 can (8 oz)
- ☐ Pinto Beans - 1 can (15 oz)
- ☐ Black Beans - 1 can (15 oz)
- ☐ Green chiles - 1 can (4 oz)
- ☐ Tomato Paste - small can or tube
- ☐ Vegetable Broth* - 2 cups
- ☐ Diced Tomatoes - 1 can (15 oz)

OTHER

- ☐ Honey
- ☐ Bottled Minced Garlic
- ☐ Worcestershire Sauce* (optional)
- ☐ Pure Maple Syrup
- ☐ Natural Peanut Butter* - 1 Tbsp
- ☐ Dijon or Yellow Mustard - 1/2 Tbsp
- ☐ Hot sauce (such as Frank's)
- ☐ Pickled Jalapenos
- ☐ Unsulphured Molasses

DAIRY & EGGS

- ☐ Eggs - 4 + any for snacks
- ☐ Greek or Regular Yogurt (full fat, plain) - 3 1/4 cups
- ☐ Almond Milk, Unsweetened - 3 cups
- ☐ Butter, Unsalted
- ☐ Cheese Stick, optional
- ☐ Shredded Cheese and Sour Cream (optional)

PRODUCE

- ☐ Romaine Lettuce - 2 cups
- ☐ Avocado, Haas - 1
- ☐ Tomato - 1 small
- ☐ Grape Tomatoes - 1/2 pint
- ☐ Red Onion - 1
- ☐ Yellow Bell Pepper - 1
- ☐ Red Bell Pepper - 1
- ☐ Cucumber - 1
- ☐ Yellow Onion - 1
- ☐ Mushrooms, Baby Bella, 1 lb
- ☐ Baby carrots (lunch kit)
- ☐ Yellow Squash - 1 medium
- ☐ Berries (and/or other fruit for snacks and breakfast)
- ☐ Green Onions - 2-4
- ☐ Broccoli Florets - 4 cups
- ☐ Strawberries - 5-10 (lunch kit)
- ☐ Kale or Spinach - 1 1/2 cups
- ☐ Apple - 1
- ☐ Cilantro, fresh - 1 bunch
- ☐ Sweet Potatoes - 4 small, 3-4 oz each (2 are optional for lunches)
- ☐ Bananas - 3
- ☐ Lime - 1
- ☐ Lemon - 1
- ☐ Ginger, fresh (or use ground)
- ☐ Dill, fresh - 3 Tbsp

FROZEN

- ☐ Frozen diced onion - 1/2 cup
- ☐ Frozen diced bell peppers -6 oz
- ☐ Frozen Broccoli Florets - 8 oz
- ☐ Frozen Strawberries - 2 cups

DRY GOODS

- ☐ Brown Rice - 1 cup (dry)
- ☐ Rolled Oats (gluten free) - 2 cups
- ☐ Pecans - 3/4 cup
- ☐ Quinoa -1/2 cup (dry)
- ☐ Sesame seeds - 2 tsp
- ☐ Ground Flax or Chia Seeds
- ☐ Unsweetened coconut flakes, optional (smoothie)
- ☐ Cornstarch
- ☐ Corn Tortillas, 6 inch - 2

ADDITIONAL ITEMS

- ☐ Ingredients for chosen snacks
- ☐ Ingredients for chosen salad dressings

SPICES AND STAPLES

- ☐ Extra Virgin Olive Oil
- ☐ Avocado Oil
- ☐ Salt and Pepper
- ☐ Apple Cider Vinegar
- ☐ Sesame oil
- ☐ Bragg Liquid Aminos
- ☐ Rice Wine Vinegar
- ☐ Chili Powder
- ☐ Ground Cumin
- ☐ Coconut Oil
- ☐ Ground Cinnamon
- ☐ Ground Cloves (optional)
- ☐ Ground Cardamom (optional)
- ☐ Ground Ginger
- ☐ Dried Thyme
- ☐ Crushed Red Pepper
- ☐ _____

*no sugar listed in ingredients