CLEAN EATING CHALLENGE GROCERY LISTS

You'll notice that Week 1 is a considerably bigger haul than Week 2. This is because you'll be stocking up on pantry items at the beginning, and so you won't have to buy them again in the second week. Also, certain items like cheese and hummus will keep for two weeks, so you'll buy all of that at the beginning, too.

WEEK 1

Produce
Apple- 2
Asparagus- 1 bunch
Avocado (unripe, you won’t eat it until Wednesday)- 1
Baby spinach - 2 5-ounce bags
Banana (ripe)- 5
Beefsteak tomato - 1
Blackberries- 1 ½ cups (1 pint container)
Broccoli- 1 large head (2 cups of florets)
Carrots- 9 medium
Cauliflower - 2 large heads
Cherry tomatoes - 2 cups (1 pint container)
Chives- 1 small bunch
Collard greens - 1 bunch
English cucumber- 1
Fennel- 2 large bulbs
Garlic- 13 cloves (2 small heads)
Ginger- 1 medium piece
Grapefruit - 1
Green beans - 3 cups
Kale - 1 bunch
Leeks- 1 bunch
Lemon- 2
Lime- 1
Mango- 1 large, ripe
Medjool dates - 5
Mixed greens - 4 cups
Parsley- 1 bunch
Pear- 1
Pineapple chunks - 1 1/2 cups (from 1 pint container, save ½ cup for week 2)
Radishes- 2 bunches
Red onions- 2 medium
Scallions- 9 (1 bunch)
Shallot- 4 medium
Snow peas- 1 cup
Spaghetti squash- 1 medium
Strawberries- 7 (1 pint container)
Sweet potato- 1 medium
Swiss chard- 1 bunch

Eggs/Dairy/Faux Milk
Cheddar (yellow, sharp)- 6 ounces
Eggs- 11 for women; 16 for men
Parmesan cheese- 6 ounces
Almond milk (unsweetened) - 5 ½ cups (1 half gallon container)

Meat/Fish*
Boneless, skinless chicken breast - 12 ounces (2 small breasts) for women; 24 ounces (2 large breasts) for men
Salmon* (skinless)- 4 ounces for women; 8 ounces for men
Shrimp (peeled, deveined)- 8 ounces for women; 16 ounces for men
Tuna - 1 5-ounce can
Turkey, ground (97% lean) - 8 ounces for women; 16 ounces for men

*Salmon fillets are usually sold with the skin on. You can cut it off yourself, or you can just ask them to do it for you at the fish counter.

Beans
Chickpeas - 1 15-ounce can
Hummus - 1 8-ounce container

Nuts and Seeds
Almond butter (raw, unsalted) - 1 12-ounce jar
Almonds (raw, unsalted)- 55 (about 1/2 cup) for women; 110 (about 1 cup) for men
Pistachios (raw, unsalted, no shell)- 75 (about 3/4 cup) for women; 150 (about 1 ½ cups) for men

Pantry
Apple cider vinegar - 1 small bottle
Black peppercorns - 1 small container
Canola oil - 1 small bottle
Chia seeds- 9 tablespoons (about ½ cup)
Cocoa powder (unsweetened) - 2 tablespoons
Coconut water - 2 cups (1 pint container)
Dijon mustard - 1 small jar
Dried Turkish figs - 3
Honey - 1 4-ounce bottle
Kalamata olives - 1 small jar
Kosher salt - 1 small container
Olive oil - 1 small bottle
Paprika - 1 container
Shredded coconut (raw, unsweetened) - 10 tablespoons (about 2/3 cup)
Tamari - 1 small bottle
Vanilla extract, 1 2-ounce bottle

Miscellaneous
Chicken broth (low sodium) - 1 ½ cups (from 1 pint container)
Dark chocolate (70% cocoa or higher) - 1 3.5-ounce bar
Salsa verde (no sugar added) - 1 cup (1 ½ cups for men) (from a 12-ounce jar)

You’ll also need:
Dixie cups (or use a popsicle mold, if you have one)
Paper towels
Parchment paper
Plastic wrap
Popsicle sticks
Quart-sized freezer bags

WEEK 2

Produce
Arugula - 4 cups
Asparagus - 1 bunch
Avocado - 1
Baby spinach - 1 5-ounce bag
Beefsteak tomato - 3 medium
Blueberries - 2 cups (1 pint container)
Butternut squash - 1 small
Carrot - 1 medium
Cherry tomatoes - 2 cups (1 pint container)
Collard greens - 1 bunch
English cucumber- 1
Garlic- 10 cloves (about 2 heads)
Ginger- 1 4-inch piece (if you have some leftover from last week, don’t get more)
Grapefruit- 2
Green beans- 1 cup
Jalapeno- 1 (optional, if you like things spicy)
Kale- 2 bunches
Lemons- 4
Lime- 2
Mint- 1 bunch
Parsley- 1 bunch (if you have some left from last week and it isn’t going bad, don’t get more)
Portobello mushroom caps- 4 medium
Red bell pepper - 2
Romaine lettuce- 1 head
Scallions- 10 (from 2 bunches)
Shallot- 1 medium
Snap peas- 2 cups
Strawberries- 14 large (from 1 quart container)
Zucchini- 1 large

Eggs/Dairy/Faux Milk
Almond milk- 3 ½ cups (from 1 quart container)
Eggs 12 for women; 19 for men

Meat/Fish*
Chicken thighs (skinless, bone-in) - 8 ounces (2 medium, ½ pound total) for women; 16 ounces (4 medium or 3 large, 1 pound total) for men
Pork loin (boneless)- 12 ounces (¾ pound) for women; 24 ounces (1 ½ pounds) for men
Salmon* (skinless)- 8 ounces (2 4-ounce fillets, ½ pound total) for women; 16 ounces (2 8-ounce fillets, 1 pound total) for men
Tuna- 1 5-ounce can

*You can buy bone-in, skin-on chicken thighs and just take the skin off yourself
**Salmon fillets are usually sold with the skin on. You can cut it off yourself, or you can just ask them to do it for you at the fish counter.

Beans and Grains
Chickpeas- 1 15-ounce can
Quinoa- ½ cup
White beans- 1 15-ounce can

**Miscellaneous**
Chicken stock *(low sodium)* - 2 cups *(from 1 quart container)*
Coconut water- 1 cup
Roasted red peppers - 1 small jar
Here are some grocery items you might not be familiar with:

- **Butternut Squash**
  - Substitute with Acorn Squash or 6 Medium Carrots

- **Collard Greens**
  - Substitute with Kale

- **Chia Seeds**
  - Substitute with Onion

- **Fennel**
  - Substitute with Onion

- **Ginger**
  - Exclude if unable to find

- **Leeks**
  - Substitute with Onion

- **Medjool Dates**
  - Substitute 2 Tbs Raisins per date, or 1 Dried Fig

- **Scallions**
  - Substitute with Green Beans

- **Radishes**
  - Substitute with Turnip

- **Snap Peas**
  - Substitute with Green Beans

- **Snow Peas**
  - Substitute with Butternut Squash or 6 Medium Carrots

- **Rainbow Chard**
  - Substitute with Kale, Spinach, or Mustard Greens

- **Swiss Chard**
  - Substitute with any dried fig, or substitute 2 Tbs Raisins per fig

- **Dried Turkish Figs**

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