Clean & Simple Meal Plan: Grocery List

This list contains not only all of the ingredients needed, but also the amounts you will need for the recipe. That way, if you already have some of the ingredients on hand, you’ll be able to tell if you have enough or need to buy more.

**Meat, Poultry & Seafood**

- 2-3 lbs bone-in, skin-on chicken breast
- 1 lb whitefish such as halibut or cod
- 1 (14-oz) package extra firm tofu

**Dairy**

- 1 large container nonfat plain Greek yogurt
- Eggs (*need at least 5*)
- Reduced fat swiss cheese

**Fresh Produce**

- 1 bunch fresh cilantro
- Large bag of salad greens (such as baby kale, baby spinach, spring greens or a mix)
- Small piece fresh ginger
- 1 avocado
- 2 bananas
- 1 small cucumber
- 4 limes
- 1 lemon
- 1 onion
- 1 small red onion
- 1 shallot
- 2 sweet potatoes
- 1 1/2 cup grape tomatoes
- 8 oz fresh green beans
- 2 zucchinis
- 2 red bell peppers
- 3-4 lbs Assorted seasonal vegetables (such broccoli, bell peppers, squash, etc.) *Choose your favorites or whatever is on sale. You could also use frozen vegetables.*

**Grocery**

- 16 oz chicken broth
- Quinoa (*need 1 cup*)
- Old-fashioned rolled oats (*need 1 1/2 cups*)
- 1 jar unsweetened applesauce
- 1/2 cup slivered almonds
- Whole-wheat bread
- Popcorn kernels (*need 1/4 cup*)
- Fruit-sweetened peach or apricot jam (*need 1 1/2 tbsp*)
- No-sugar-added ketchup (*need 1/4 cup*)
- Cacao nibs (*or chocolate chips*)
- 1 small jar capers

**Pantry Items**

- Olive/canola oil
- Avocado or sunflower oil (*optional*)
- Lower sodium soy sauce or tamari (*need about 3 tbsp*)
- Apple cider vinegar (*need about 2 tbsp*)
- Rice vinegar (*need 1 1/2 tbsp*)
- Toasted sesame oil (*need 1 1/2 tbsp*)
- Herbs de provence (*need 1 1/2 tsp, or use dried rosemary*)
- Assorted dried herbs (such as rosemary and oregano)
- Smoked paprika (*need 1 tsp*)
- Cayenne pepper (*need 1/4 tsp*)
- Garam masala (*need 2 tsp*)
- Ground cinnamon (*need 1 1/4 tsp*)
- Vanilla extract (*need 3/4 tsp*)
- Peppermint extract (*need 1/4 tsp*)
- Cocoa powder (*need 3 tbsp*)