

Clean Eating

Improving your life, one meal at a time.

Your Shopping List

PRODUCE

- 3 small onions \$1.99
- 1 head garlic \$.39
- 1 lime \$0.50
- 1 bag pre-washed mixed greens \$3.49

MEAT

- 2 lb. extra-lean ground white turkey breast \$5.18
- 6 boneless, skinless chicken breasts \$14.97

DRY GOODS

- 1 28-oz can whole tomatoes \$1.49
- 1 14.5-oz can Italian-style tomatoes \$1.00
- 1 box high-protein or whole-wheat lasagna \$2.39
- 1 small bag brown rice \$2.00
- 2 1-qt. boxes reduced-sodium chicken stock \$5.58
- 1 15-oz. can mixed tropical fruit packed in juice, unsweetened \$3.19
- 1 6-pack bag whole-grain sub rolls \$2.29

FROZEN FOODS

- 1 10-oz. pkg. frozen chopped spinach \$0.95
- 1 10-oz. pkg. frozen mixed vegetables \$1.89

DAIRY

- 1 15-oz. container non-fat ricotta \$2.29
- 1 2-cup package shredded reduced-fat mozzarella cheese \$2.19
- 1 6-oz. container non-fat yogurt \$0.69
- 1/2 dozen eggs \$1.99

FROM YOUR PANTRY

- Extra-virgin olive oil
- Ground cinnamon
- Ground nutmeg
- Ground cumin
- Dried oregano
- Chili powder
- Curry powder
- Dried bay leaves
- Peppercorns
- Salt
- Cooking spray

From One Grocery Bag, Five Delicious Dinners

Print this off and take it to the market with you. This shopping list goes with the 5 quick and easy recipes from our Spring issue and equips you to prepare 5 dinners for a family of four for under \$60.