

Clean Eating

Improving your life, one meal at a time.

Your Shopping List

PRODUCE

- 1 avocado \$0.99
- 1 small head green cabbage \$1.03
- 1 bunch cilantro \$0.99
- 1 head garlic \$0.49
- 1 piece ginger root \$0.39
- 1 lemon \$0.33
- 1 lime \$0.30
- 4 portobello mushroom caps \$5.98
- 4 yellow onions (or 1 1-lb bag) \$0.37
- 1 navel orange \$0.79
- 1 bunch parsley \$0.99
- 2 red bell peppers \$2.69
- 1 jalapeno pepper \$0.10

PROTEINS/DAIRY/FROZEN FOOD

- 1 10-oz bag frozen organic corn \$2.99
- 1 lb fresh tilapia fillets \$6.85
- 1 7-lb bone-in, skin-on turkey breast \$14.14
- 1 small container plain, low-fat, Greek-style yogurt \$2.09

DRY GOODS

- 1 32-oz container organic, reduced-sodium chicken broth \$3.60
- 1 small pkg dried cranberries \$2.69
- 1 pkg whole-grain flatbreads (contains at least 4) \$2.79
- 1 small pkg raw, unsalted pecans \$5.49
- 1 box quinoa \$0.80
- 1 15-oz can chopped tomatoes with roasted chilies \$1.99
- 1 pkg whole-grain tortillas (contains at least 6) \$2.99

PANTRY STAPLES

- Balsamic vinegar
- Bay leaves
- Canola oil
- Cayenne pepper
- Dried oregano
- Dried thyme
- Extra-virgin olive oil
- Ground black pepper
- Ground cloves
- Ground cumin
- Kosher salt
- Olive oil cooking spray
- Pure maple syrup
- Reduced-sodium soy sauce
- Sea salt
- Whole peppercorns

TOTAL SHOPPING

\$61.86

Money-Wise Weeknight Menus

This shopping list goes with five quick and easy recipes from our Jan/Feb 2009 issue. For the budget-minded clean eater, it equips you with the ingredients to prepare five dinners for a family of four...all for under \$60!