

Clean Eating

Improving your life, one meal at a time.

Budget Shopping List

<input type="checkbox"/> 1 avocado	\$0.89
<input type="checkbox"/> 1 bunch basil (1 to 2 oz)	\$1.98
<input type="checkbox"/> 1 15-oz can low-sodium black beans	\$1.34
<input type="checkbox"/> ½ lb carrots	\$1.00
<input type="checkbox"/> 2 lbs or 1 head cauliflower	\$2.16
<input type="checkbox"/> 1½ lbs boneless, skinless chicken breast	\$7.95
<input type="checkbox"/> 1 large bunch cilantro (about 2 oz)	\$0.50
<input type="checkbox"/> 1 dozen eggs	\$1.29
<input type="checkbox"/> 1 lb pkg of 4 white fish filets (such as Alaskan pollock)	\$3.99
<input type="checkbox"/> 1 bulb garlic	\$0.28
<input type="checkbox"/> 1 lemon	\$0.39
<input type="checkbox"/> 1 cup lentils	\$0.78
<input type="checkbox"/> 1 medium head romaine lettuce	\$1.32
<input type="checkbox"/> 2 limes	\$0.40
<input type="checkbox"/> 1 large multigrain Italian loaf	\$2.89
<input type="checkbox"/> ¾ cup natural oatmeal	\$0.46 (bought in bulk)
<input type="checkbox"/> 2 large onions	\$0.82
<input type="checkbox"/> 1 medium red bell pepper	\$1.20
<input type="checkbox"/> 1 large jalapeño pepper (or 2 small jalapeños)	\$0.10
<input type="checkbox"/> 1 large sweet potato	\$1.02
<input type="checkbox"/> 1 pkg brown rice	\$1.25
<input type="checkbox"/> 1 1-lb pkg whole-wheat spaghetti	\$1.59
<input type="checkbox"/> 1 large bag or bunch baby spinach	\$1.99
<input type="checkbox"/> 1 pint strawberries	\$2.00
<input type="checkbox"/> 5 medium Roma tomatoes	\$1.25
<input type="checkbox"/> 6-oz can tomato paste	\$0.58
<input type="checkbox"/> 1 lb lean ground turkey	\$2.50
<input type="checkbox"/> 1½ lb or 2 large turnips	\$1.50
<input type="checkbox"/> 1 8-oz container plain low-fat yogurt	\$0.71

PANTRY ITEMS

- Whole-wheat flour
- Honey
- Extra-virgin olive oil
- Olive oil cooking spray
- Dried oregano
- Black pepper
- Cayenne pepper
- Sea salt
- Cajun seasoning or paprika
- Dried Italian seasoning
- Agave syrup
- Apple cider vinegar

TOTAL SHOPPING

\$41.13

Five Family Dinners for \$10 A Day

This shopping list goes with five quick and easy recipes from our July/August 2009 issue. For the budget-minded clean eater, it equips you with the ingredients you'll need to prepare five dinners for a family of four – all for under \$45!