

Clean Eating

Improving your life, one meal at a time.

Your Shopping List

<input type="radio"/> 1 bunch fresh basil	\$2.29
<input type="radio"/> 1 15-oz can low-sodium black beans	\$0.71
<input type="radio"/> 1 pre-sliced loaf whole-wheat bread	\$1.69
<input type="radio"/> 1 16-oz container low-sodium chicken broth	\$1.25
<input type="radio"/> 2 32-oz containers low-sodium chicken broth	\$5.18
<input type="radio"/> 1 12-oz bag carrots	\$1.00
<input type="radio"/> 1 bunch celery	\$1.59
<input type="radio"/> 1 6-oz pkg grated low-fat Parmesan cheese	\$1.69
<input type="radio"/> ½ lb chicken breasts (with skin and bones)	\$2.65
<input type="radio"/> ½ lb lean ground chicken breast	\$1.50
<input type="radio"/> 1 bunch cilantro	\$0.69
<input type="radio"/> 16 oz corn	\$1.16
<input type="radio"/> 2 cups stone-ground cornmeal (bought in bulk)	\$0.56
<input type="radio"/> 1 bunch fresh dill	\$2.29
<input type="radio"/> 1 dozen large eggs	\$1.05
<input type="radio"/> 4 cups whole-wheat flour (bought in bulk)	\$0.60
<input type="radio"/> 1 bulb garlic	\$0.52
<input type="radio"/> 1 jalapeño pepper	\$0.14
<input type="radio"/> ½ gallon skim milk	\$1.35
<input type="radio"/> 6 medium yellow or white onions	\$1.19
<input type="radio"/> 1 16-oz pkg whole-wheat macaroni pasta	\$2.21
<input type="radio"/> 16 oz fresh or frozen peas	\$1.00
<input type="radio"/> 1 3-lb bag Russet or Idaho potatoes	\$2.19
<input type="radio"/> 1 large sweet potato	\$1.00
<input type="radio"/> 2 6-oz cans salmon packed in water, without bones or skin	\$2.98
<input type="radio"/> 10 oz spinach	\$0.99
<input type="radio"/> 3 tomatoes	\$1.10
<input type="radio"/> 1 28-oz can no-salt-added crushed tomatoes	\$1.59
<input type="radio"/> 1 6-oz can tomato paste	\$0.59
<input type="radio"/> 1 pkg whole-wheat tortillas (8 to 10 per pkg)	\$2.09
<input type="radio"/> 2 6-oz cans tuna in water	\$2.09
<input type="radio"/> 1 lb lean ground turkey breast	\$2.07

Total: \$49

PANTRY ITEMS

- Cumin
- Extra-virgin olive oil
- Olive oil cooking spray
- Dried oregano
- Paprika
- Black pepper
- Sea salt
- Dried Italian seasoning

Grocery Bag Shopping List

See the September/October 2009 issue of *Clean Eating* for the recipes to use these affordable ingredients!