

Clean Eating

Improving your life, one meal at a time.

Your Shopping List

- 10 oz whole-wheat bread crumbs **\$2.99**
- 1 medium head green cabbage (about 1½ lbs) **\$1.91**
- 1 bag carrots (about 2 lbs) **\$1.29**
- 1 6-oz pkg low-fat Parmesan cheese, pre-shredded or grated **\$0.99**
- 1 lb boneless, skinless chicken breasts **\$4.56**
- 1 24-oz container low-sodium chicken broth **\$1.75**
- 1 bunch cilantro **\$0.69**
- 1 dozen large eggs **\$0.99**
- 1 cup whole-wheat flour (purchased in bulk) **\$0.38**
- 4 cups whole-wheat pastry flour (purchased in bulk) **\$1.86**
- 1 lime **\$0.47**
- 1 qt skim milk **\$1.00**
- 2 4-oz cans no-salt-added sliced mushrooms **\$1.40**
- 1 16-oz pkg brown rice noodles **\$2.99**
- 1 bunch green onions **\$0.45**
- 1 3-lb bag yellow onions **\$1.19**
- 1 12-oz pkg whole-wheat pasta, preferably spaghetti or linguini **\$1.49**
- 1 16-oz bag frozen peas **\$1.15**
- 1/3 cup unsalted peanuts (purchased in bulk) **\$0.57**
- 2 cups brown rice (purchased in bulk) **\$0.81**
- 1 6-oz can salmon packed in water, without bones or skin **\$1.25**
- 1 bottle Thai fish sauce **\$3.59**
- 1/3 lb bean sprouts **\$0.70**
- ½ lb yellow squash **\$0.50**
- 1 small bunch thyme **\$2.29**
- 1 12-oz pkg firm tofu **\$1.69**
- 3 ripe on-the-vine tomatoes **\$1.26**
- 2 6-oz cans unsalted tomato paste **\$1.18**
- 1 lb extra-lean ground turkey **\$1.99**
- 1 1-lb boneless, skinless turkey breast **\$6.99**
- ¼ lb zucchini **\$0.20**

Total: \$50.57

Five Dinners for \$50 Shopping List

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

PANTRY ITEMS

- Baking powder
- Baking soda
- Bay leaf
- Cayenne pepper
- Cinnamon
- Honey
- Dijon mustard
- Olive oil
- Olive oil cooking spray
- Oregano
- Paprika
- Black peppercorns
- Safflower oil (optional)
- Apple cider vinegar