

Clean Eating

Improving your life, one meal at a time.

Have Dinner for Only \$1

<input type="radio"/> 1 loaf whole-wheat bread	\$1.09
<input type="radio"/> 1 lb carrots	\$0.89
<input type="radio"/> 1 8-oz pkg pre-shredded low-fat mozzarella cheese	\$2.21
<input type="radio"/> 1 lb boneless, skinless chicken breast	\$3.59
<input type="radio"/> 4 4-oz cod fillets or other whitefish of your choice (1 lb)	\$5.86
<input type="radio"/> 1 10-oz pkg couscous	\$2.59
<input type="radio"/> 1 12-oz pkg whole-wheat pizza dough	\$2.33
<input type="radio"/> 1 garlic bulb	\$0.47
<input type="radio"/> 1 12-oz jar no-sugar-added all-fruit black cherry jam	\$2.69
<input type="radio"/> 8 oz portobello or baby bella mushrooms	\$2.29
<input type="radio"/> 8 oz white mushrooms	\$1.59
<input type="radio"/> 1 12-oz pkg whole-wheat egg noodles	\$2.45
<input type="radio"/> 1 bunch green onions	\$0.45
<input type="radio"/> 1 3-lb bag yellow onions	\$1.20
<input type="radio"/> 2 large navel oranges	\$1.38
<input type="radio"/> 1 16-oz pkg farfalle whole-wheat pasta	\$2.69
<input type="radio"/> 1 medium red bell pepper	\$2.19
<input type="radio"/> 1 16-oz container low-fat sour cream	\$2.00
<input type="radio"/> 3 medium yellow squash	\$2.85
<input type="radio"/> 1 lb lean eye round steak	\$3.91
<input type="radio"/> 1 8-oz container low-sodium beef stock	\$1.09
<input type="radio"/> 1 14-oz container medium-firm tofu	\$1.69
<input type="radio"/> 1 28-oz jar or can no-salt-added crushed tomatoes	\$1.49
<input type="radio"/> 6 oz unsalted tomato paste	\$0.55

Total: \$49.54

Budget Recipes Shopping List

Have dinner for only \$1! See the Jan/Feb 2010 issue of *Clean Eating* for the recipes that use these affordable ingredients.

PANTRY ITEMS

- Apple cider vinegar
- Dijon mustard
- Dried cilantro
- Ground cinnamon
- Dried dill
- Olive oil cooking spray
- Onion powder
- Dried oregano
- Spanish paprika
- Black pepper
- Cayenne pepper
- Sea salt
- Cajun seasoning
- Italian seasoning
- Raw organic honey or pure maple syrup
- Red wine vinegar