

Clean Eating

Improving your life, one meal at a time.

Shopping List

PROTEINS & DAIRY

- 1 1/2 lbs boneless, skinless chicken breasts \$4.60
- 8 oz skim milk \$1.00
- 4 wild-caught salmon fillets (1 lb) \$3.99
- 1 lb lean round steak \$3.80
- 2 6-oz pouches or cans unsalted water-packed tuna \$1.18

VEGGIES/FRUITS

- 1 16-oz bag frozen green beans \$1.49
- 12 oz fresh broccoli florets \$1.44
- 8 oz fresh carrots \$0.79
- 1 bulb garlic \$1.67
- 1 8-oz bunch kale \$0.50
- 2 lemons \$1.49
- 16 oz whole white mushrooms \$2.00
- 3/4 cup pitted Kalamata olives (purchased in bulk) \$2.79
- 2 white onions \$1.49
- 1 medium orange \$1.00
- 1 small bunch fresh flat-leaf parsley \$0.69
- 1 16-oz bag frozen peas \$0.95
- 1 red bell pepper \$1.00
- 8 small or 4 large red potatoes (about 1/2 lb) \$2.59
- 1 large zucchini \$0.59

WHOLE GRAINS

- 1 12-oz pkg couscous \$2.69
- 1/2 cup whole-wheat flour (purchased in bulk) \$0.35
- 1 12-oz pkg soba noodles \$2.99
- 1 16-oz pkg brown rice \$1.69
- 1 pkg whole-wheat tortillas (8 to 10 per pkg; 8 inches in diameter each) \$3.79

EXTRAS

- 8 oz low-sodium chicken broth \$1.29

Total: \$47.85

Budget Recipes Shopping List

\$10 family dinners fast! See the March/April 2010 issue of *Clean Eating* for the recipes that use these affordable ingredients.

PANTRY ITEMS

- Raw honey
- Dijon mustard
- Extra-virgin olive oil
- Olive oil cooking spray
- Black pepper
- Sea salt
- Low-sodium tamari soy sauce
- Apple cider vinegar