

Clean Eating

Improving your life, one meal at a time.

Your Shopping List

PRODUCE

- 1 mango \$1.49
- 1 to 2 large heads garlic \$0.42
- 1 bunch green onions \$1.32
- 1 lime \$0.75
- 1 bag prewashed romaine lettuce \$2.09
- 1 (10 oz) pkg mushrooms \$2.49
- 2 small zucchini \$2
- 1 small yellow squash \$1
- 1 green pepper and 1 red pepper \$2.29
- 5 medium on-the-vine tomatoes \$2.99
- 1 small red onion \$0.82

PROTEINS

- 1 lb boneless, skinless chicken breast tenderloins \$4.68
NOTE: If you plan to substitute the tofu for chicken in the Thai-Style Tofu & Noodles recipe or the Veggie, Rice & Cheese Supreme, be sure to pick up another 4 chicken breasts! (\$4.68 each)
- 1 lb boneless, skinless turkey breast cutlets \$5.96
- 1 (14 oz) pkg extra-firm tofu \$2.29

DRY GOODS

- 1 whole-wheat or multi-grain ciabatta loaf \$0.85
- 1 (14.5 oz) can unsalted diced tomatoes \$0.88
- 1 small bag brown rice \$0.87
- 1 small jar sesame seeds \$3.39
- 1 (15.5 oz) can reduced-sodium or unsalted black beans \$0.75
- 1 pkg tostada shells \$2.49
- 1 (16 oz) jar salsa \$2
- 1 small jar natural, unsalted peanut butter \$2.29
- 1 box whole-wheat linguine \$2

DAIRY

- 1 (2 cup) pkg shredded reduced-fat Monterey Jack cheese \$2
- 1 (8 oz) cup plain low-fat yogurt \$0.50

PANTRY STAPLES

- Basil
- Black pepper
- Dried red pepper flakes
- Extra-virgin olive oil
- Ginger
- Low-sodium soy sauce
- Olive oil
- Olive oil spray
- Oregano
- Sea salt
- Tabasco sauce
- Thyme

TOTAL SHOPPING

\$48.61

Save Money & Eat Healthy

This shopping list goes with five quick and easy recipes from our Fall 2008 issue. For the budget-minded clean eater, it equips you to prepare five dinners for a family of four...all for under \$50.