



Clean Eating

Improving your life one meal at a time.

Shopping List

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Seven Meals For Less Than \$65

In addition to our usual five weeknight meals for the budget conscious, we're adding a weekend breakfast and a lunch to please your family and keep your check-book in the green. Print off this shopping list to save time and money.

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Seven Meals For Less Than \$65

Shopping List

Proteins & Dairy

○ 1 pkg sliced part-skim mozzarella cheese	\$2.50
○ 2 1-lb boneless, skinless chicken breasts, untrimmed	\$3.82
○ 1 dozen eggs	\$0.69
○ 1 lb pork tenderloin	\$3.75
○ 10 oz tuna, canned or pouched in water	\$2.58

Veggies/Fruits

○ 1 Gala or Fuji apple	\$0.88
○ 8 oz green beans	\$0.50
○ 1 15-oz can Eden Organic Navy Beans	\$2.29
○ 1 bunch broccoli	\$2.00
○ 1 pkg broccoli slaw	\$2.99
○ 1 lb carrots	\$0.69
○ 1 head cauliflower	\$2.99
○ 1 bunch celery	\$1.69
○ 1 head garlic	\$0.52
○ 8 oz mustard greens	\$0.65
○ 1 lb jicama	\$1.20
○ 1 lb romaine lettuce	\$1.21
○ 1 lb portobello mushrooms	\$2.09
○ 2 Spanish onions	\$1.51
○ 1 orange	\$0.25
○ 8 oz sugar snap peas or snow peas	\$2.50
○ 1 Bosc pear	\$1.89
○ 1 lb Idaho or Yukon Gold potatoes	\$0.73
○ 4 redskin potatoes	\$0.96
○ 4 oz daikon radish	\$0.30
○ 1 bunch rapini	\$2.50
○ 8 oz bean sprouts	\$0.76
○ 1 butternut squash	\$2.73
○ 2 turnips	\$0.53

Whole Grains

○ 1 pkg barley	\$1.99
○ 1 loaf whole-wheat bread	\$3.29
○ 1 pkg long-grain brown basmati or jasmine rice	\$3.69
○ 1 pkg whole-wheat spaghetti	\$2.50

Extras

○ 1 tube 100% anchovy paste	\$2.29
○ 4 oz unsweetened dried cherries	\$1.96

Total: \$63.42

Pantry Items

○ Dried basil	○ Dried sage
○ Dried ginger	○ Sea salt
○ Raw honey	○ Soy sauce
○ Dijon mustard	○ Dried thyme
○ Dried mustard powder	○ Balsamic vinegar
○ Extra-virgin olive oil	○ Red wine vinegar
○ Olive oil	○ Rice vinegar

* Please note that prices may vary depending on your location and chosen food retailer.