



# Clean Eating

Improving your life one meal at a time.

## Shopping List

Volume 4, Issue 2 - February 2011 **18**

## 10 RECIPES FOR LESS THAN \$66

In addition to our usual collection of five weeknight meals, we've also included desserts and beverages. Now you can eat clean from the first sip to the last spoonful...all on a budget! Print off this shopping list to save time and money.

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## 10 RECIPES FOR LESS THAN \$66

### Shopping List

#### Proteins & Dairy

<input type="checkbox"/>	¼ lb sliced unsalted almonds	\$1.92
<input type="checkbox"/>	1 lb boneless, skinless chicken breasts	\$3.55
<input type="checkbox"/>	1 dozen eggs	\$0.89
<input type="checkbox"/>	1 pint skim milk	\$0.99
<input type="checkbox"/>	¾ lb lean ground pork	\$2.33
<input type="checkbox"/>	1 lb pork tenderloin	\$5.15
<input type="checkbox"/>	3 5-oz pouches cooked wild salmon	\$5.97
<input type="checkbox"/>	7 oz whole-milk Greek-style yogurt	\$1.99

#### Veggies/Fruits

<input type="checkbox"/>	1½ lb Braeburn, Fuji or Pink Lady apples	\$2.34
<input type="checkbox"/>	1 15-oz can Eden Organic Black Beans	\$2.29
<input type="checkbox"/>	1 lb green cabbage	\$1.33
<input type="checkbox"/>	1 pkg carrots	\$0.69
<input type="checkbox"/>	1 pkg celery	\$1.49
<input type="checkbox"/>	1 bunch Swiss chard	\$2.49
<input type="checkbox"/>	1 10-oz bag cranberries	\$2.59
<input type="checkbox"/>	1 head garlic	\$0.56
<input type="checkbox"/>	1 bunch leeks	\$2.89
<input type="checkbox"/>	2 limes	\$0.25
<input type="checkbox"/>	16 oz mushrooms (white, button or cremini)	\$2.99
<input type="checkbox"/>	4 yellow onions	\$1.59
<input type="checkbox"/>	4 oranges	\$1.00
<input type="checkbox"/>	1 15-oz can Eden Organic Black-Eyed Peas	\$2.29
<input type="checkbox"/>	1 lb sweet potatoes	\$1.04
<input type="checkbox"/>	1 fresh pumpkin (1 to 1½ lb)	\$1.44

#### Whole Grains

<input type="checkbox"/>	1 lb coarse cornmeal or polenta (not de-germinated)	\$2.89
<input type="checkbox"/>	18 oz steel-cut oats	\$2.49
<input type="checkbox"/>	1 pkg brown rice	\$3.69

#### Extras

<input type="checkbox"/>	32 oz low-sodium chicken stock	\$3.49
<input type="checkbox"/>	3.5 oz dark chocolate (85% cocoa)	\$2.00
<input type="checkbox"/>	1 3-inch piece ginger root	\$0.42
<input type="checkbox"/>	32 oz plain sparkling water	\$0.89

**Total: \$65.93**

#### Pantry Items

<input type="checkbox"/>	Allspice berries or ground allspice	<input type="checkbox"/>	Ground ginger
<input type="checkbox"/>	Baking powder	<input type="checkbox"/>	Raw honey
<input type="checkbox"/>	Cardamom pods or ground cardamom, optional	<input type="checkbox"/>	Ground mustard
<input type="checkbox"/>	Chile powder	<input type="checkbox"/>	Ground nutmeg
<input type="checkbox"/>	Cinnamon sticks or ground cinnamon	<input type="checkbox"/>	Extra-virgin olive oil
<input type="checkbox"/>	Ground cloves	<input type="checkbox"/>	Ground sweet paprika
<input type="checkbox"/>	Whole cloves	<input type="checkbox"/>	Dried sage
<input type="checkbox"/>	Ground coriander	<input type="checkbox"/>	Sea salt
<input type="checkbox"/>	Ground cumin	<input type="checkbox"/>	Italian seasoning blend
<input type="checkbox"/>	Dried dill	<input type="checkbox"/>	Low-sodium soy sauce
		<input type="checkbox"/>	Pure maple syrup
		<input type="checkbox"/>	Red wine vinegar

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