



Clean Eating

Improving your life one meal at a time.

Shopping List

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Make the Most of Your Grocery Budget

Breathe easy the next time you approach the checkout counter – we've got one short shopping list for five wholesome family dinners, all for \$50!

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Shopping List

Proteins & Dairy

- 8 oz light cream cheese \$2.49
- 8 oz low-fat feta cheese \$2.54
- 6 oz reduced-fat mozzarella cheese \$2.49
- 1 1-lb boneless, skinless, untrimmed chicken breast \$2.01
- 1 dozen eggs \$1.29
- ¾ lb nitrate-free, reduced-sodium, low-fat ham \$2.95
- 1 pint skim milk \$0.99
- ¾ lb lean ground pork \$2.99
- ¾ lb fresh tilapia \$3.25
- 7 oz nonfat plain Greek-style yogurt \$1.99

Veggies/Fruits

- ½ lb fresh green beans \$1.06
- 1 lb carrots \$0.69
- 2 bags frozen corn \$2.38
- 1 head garlic \$0.70
- 16 oz button mushrooms \$2.00
- 1 bunch green onions \$0.43
- 4 small yellow onions \$1.27
- ½ lb poblano peppers \$1.41
- 1 lb redskin potatoes \$1.02
- 1 2-lb spaghetti squash \$1.21

Whole Grains

- 1 16-oz pkg whole-wheat lasagna noodles \$1.99
- 1 pkg large whole-wheat pitas (7 inches in diameter) \$1.89
- 1 16-oz pkg whole-wheat spaghetti \$1.29

Extras

- 2 32-oz pkg reduced-sodium, low-fat chicken broth \$3.78
- 1 bunch fresh cilantro \$0.99
- 1 bunch fresh dill, optional \$1.69
- 1 2-oz bag sun-dried tomatoes (or bought in bulk; not packed in oil) \$2.69

Total: \$49.48

Pantry Items

- Chile powder
- Curry powder
- Ground ginger
- Olive oil cooking spray
- Sea salt
- Ground cumin
- Dried dill
- Extra-virgin olive oil
- Dried sage
- Low-sodium soy sauce

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