



Clean Eating

Improving your life one meal at a time.

Shopping List

Volume 4, Issue 4 - March 2011 20

Your Weekly Money-Saver Menu

If scanning supermarket flyers, clipping coupons and stressing over next week's dinner menu simply don't fit into your hectic schedule, we've got you covered. And we did it all for \$50!

Subscribe Today!

Visit cleaneating.com/subscribe

Miss an issue?

Get your Back Issue here, Visit cleaneating.com/backissues

Your Weekly Money-Saver Menu

Shopping List

Proteins & Dairy

- 16 oz 1% cottage cheese \$2.49
- 1 lb boneless, skinless chicken breast \$4.07
- 1 dozen eggs \$1.29
- 1¾ lb pork tenderloin \$6.90
- 1 8-oz pkg sliced reduced-fat Provolone cheese \$2.49
- ¾ lb sirloin steak \$6.79
- ¾ lb boneless, skinless tilapia fillet \$2.83

Veggies/Fruits

- 1 Braeburn apple \$0.79
- ½ lb green beans \$0.56
- 1 cabbage \$1.42
- 2 lb carrots \$0.94
- 1 pkg celery \$1.49
- 1 lb yellow onions \$0.66
- 1 lb redskin potatoes \$1.15
- ½ lb sweet potatoes \$0.61
- ½ lb yellow potatoes \$0.49
- 1 bag radishes \$1.29
- 1 acorn squash (about 1½ lb) \$0.88
- ¼ lb turnips \$0.37

Whole Grains

- 1 loaf whole-grain bread \$3.99
- 1 bag fine-ground cornmeal \$2.89

Extras

- 28 oz low-sodium chicken broth \$2.58
- 1 small container mustard seeds \$2.19
- ¼ lb unsweetened raisins \$0.90

Total: \$50.06

Pantry Items

- Dried dill
- Ground ginger
- Ground mustard
- Sea salt
- Pure maple syrup
- Extra-virgin olive oil
- Olive oil cooking spray
- Dried thyme
- Apple cider vinegar
- Balsamic vinegar

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