



# Clean Eating

Improving your life one meal at a time.

## Shopping List

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## 5 Simple & Fresh Family Dinners

Summertime is the perfect time to enjoy clean, seasonal meals that are as light on your wallet as they are your waistline.

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## 5 Simple & Fresh Family Dinners

### Shopping List

#### Proteins & Dairy

- 1 lb boneless, skinless chicken breast \$3.17
- ½ dozen eggs \$1.29
- ½ lb low-sodium, nitrate-free, lean ham \$1.84
- ½ lb extra-lean ground sirloin \$2.30
- ¾ lb boneless, skinless tilapia \$4.61
- 2 6.4-oz pouches cooked tuna in water \$6.58
- 7 oz 2% plain Greek yogurt \$1.99

#### Veggies/Fruits

- 4 oz alfalfa sprouts \$1.89
- 1 avocado \$1.00
- 6 oz blackberries \$2.99
- 1 lb baby eggplant \$1.64
- 1 head garlic \$0.63
- 2 lemons \$1.00
- 2 large yellow onions \$1.46
- 1 orange bell pepper \$2.23
- 1 red bell pepper \$1.88
- 1 lb fingerling potatoes \$2.77
- 1 bunch radishes (with tops) \$1.29
- 1 yellow squash \$0.54
- 3 Roma tomatoes \$0.85
- 1 green zucchini \$0.54

#### Whole Grains

- 1 11-oz box pearled barley \$1.99
- 1 16-oz box whole-wheat linguini \$2.50
- 1 pkg whole-wheat pita bread (4 pitas; 6 inches each) \$1.69

#### Extras

- 1 bunch fresh chives \$1.99

**Total: \$50.66**

### Pantry Items

- Ground coriander
- Sweet paprika
- Ground cumin
- Sea salt
- Raw honey
- Dried thyme
- Extra-virgin olive oil

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