



# Clean Eating

Improving your life one meal at a time.

## Shopping List

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### Stretch Your Grocery Budget (and your free time!)

If you can spare just 25 minutes a night – Monday to Friday –and a reasonable \$50 for a work week's worth of suppers, we've got lip-smacking meals for your foursome that will have you (and them) scraping the plate.

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#### Shopping List

##### Proteins & Dairy

- ½ lb sirloin beef ..... \$2.88
- 8 oz shredded part-skim mozzarella cheese ..... \$2.50
- 4 3-oz boneless, skinless catfish fillets ..... \$5.45
- 4 3-oz boneless, skinless US-raised tilapia fillets ..... \$3.54
- ½ lb pork tenderloin ..... \$3.17
- 7 oz 2% plain Greek yogurt ..... \$1.99

##### Veggies/Fruits

- 1 avocado ..... \$2.00
- ½ lb green beans ..... \$1.00
- 1 pint blueberries ..... \$3.49
- 1 ear corn ..... \$1.00
- 1 lb eggplant (1 1-lb eggplant or 2 ½-lb baby eggplants) ..... \$2.59
- 1 head garlic ..... \$0.63
- 7 oz mixed spring greens ..... \$2.10
- 2 limes ..... \$1.49
- 2 juice oranges ..... \$0.50
- 1 lb Hawaiian papaya ..... \$3.99
- 1 lb red bell peppers ..... \$1.87
- 1½ lb white potatoes ..... \$1.48
- 1 ½ lb Roma tomatoes ..... \$2.71

##### Whole Grains

- 1 7.6-oz box whole-wheat couscous ..... \$2.00
- 1 16-oz box whole-wheat fettuccine ..... \$2.50

##### Extras

- 1 bunch cilantro ..... \$1.89

**Total: \$50.77**

#### Pantry Items

- Dried dill .....  Dried rosemary
- Ground ginger .....  Sea salt
- Extra-virgin olive oil .....  Low-sodium soy sauce
- Dried oregano

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