



# Clean Eating

Improving your life one meal at a time.

## Shopping List

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## A WEEK'S WORTH OF DINNERS

For much less than it takes to fill your tank with gas, we show you how to treat your family to lip-smacking good (and healthy) dinners from Monday to Friday.

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## A WEEK'S WORTH OF DINNERS FOR \$50

### Shopping List

#### Proteins & Dairy

- 16 oz 2% small-curd cottage cheese \$2.49
- 8 oz shredded part-skim mozzarella \$2.50
- 8 eggs \$1.29
- ¾ lb boneless, skin-on catfish fillets (4 fillets total) \$4.82
- ½ lb extra-lean ground sirloin \$2.11
- ½ lb pork tenderloin \$2.30
- 2 6.4-oz pouches cooked tuna in water \$6.58

#### Veggies/Fruits

- 5 ears corn \$3.99
- 1 1-lb eggplant \$3.11
- 1 head garlic \$0.73
- 1 bunch collard greens \$0.72
- 1 large yellow onion \$0.20
- 1 red bell pepper \$1.50
- 2 green plantains \$1.25
- ½ lb redskin potatoes \$0.54
- 1 lb sweet potatoes \$1.14
- 10 oz curly spinach \$1.89
- 1 yellow squash \$0.98
- 1 lb stem tomatoes (on-the-vine tomatoes) \$2.54
- 3 zucchini \$3.99

#### Whole Grains

- 1 1-lb pkg whole-wheat spiral pasta \$2.50

#### Extras

- 1 bunch fresh basil \$1.99

**Total: \$49.16**

### Pantry Items

- Black pepper
- Cayenne pepper
- Extra-virgin olive oil
- Dried oregano
- Sweet paprika
- Dried sage
- Sea salt
- Dried thyme

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