



Clean Eating

Improving your life one meal at a time.

Shopping List

Volume 4, Issue 8 - October 2011 24

SHOP ONCE, EAT ALL WEEK

Here's how to turn a \$51 grocery bag into five hearty and family-friendly dinners.

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SHOP ONCE, EAT ALL WEEK

Shopping List

Proteins & Dairy

- 2 1-lb untrimmed, boneless, skinless chicken breasts \$6.19
- 1 lb boneless, skinless cod fillet \$5.99
- ¾ lb extra-lean ground sirloin \$3.40
- ½ lb low-sodium, nitrate-free, lean cooked ham \$3.69
- 7 oz 2% plain Greek yogurt \$2.09

Veggies/Fruits

- 12 oz jarred quartered artichoke hearts in water \$3.17
- ½ lb loose beets \$0.45
- 1 lb carrots \$1.29
- 1 head garlic \$0.70
- ½ lb collard greens \$0.79
- 1 12-oz pkg fresh cranberries \$2.49
- ½ lb red leaf lettuce \$1.49
- 1 bunch green onions \$0.50
- 3 Spanish onions \$0.98
- 1 15-oz can Eden Organic Black Eyed Peas \$2.39
- 1 2-lb bag dry yellow split peas \$1.99
- 1 green bell pepper \$1.05
- 1 lb fingerling potatoes \$2.72
- ½ lb loose black radishes \$0.44
- 1½ lb butternut squash \$2.19
- ½ lb Roma tomatoes \$0.79
- ½ lb loose turnips \$0.60
- ¾ lb turnip greens \$1.04

Whole Grains

- 11 oz quick-cooking pearl barley \$1.99

Extras

- 28 oz low-sodium chicken broth \$2.58

Total Cost: \$51.00

Pantry Items

- Ground allspice
- Ground cumin
- Dried dill
- Ground ginger
- Pure maple syrup
- Dried mint
- Extra-virgin olive oil
- Ground cayenne pepper
- Dried sage
- Sea salt
- Dried thyme
- Apple cider vinegar