



Clean Eating

Improving your life one meal at a time.

Shopping List

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Feed Your Family FOR \$10 A DAY!

Bust out of your weeknight dinner rut with our week's worth of budget-friendly, super-fast meals, all for just \$50. Better yet, we'll have you in and out of the kitchen in 50 minutes or less each night!

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Shopping List

Proteins & Dairy

- 8 oz shredded part-skim mozzarella \$2.00
- 8 eggs \$1.29
- 1 pint 2% milk \$0.99
- ½ lb beef sirloin \$2.94
- ¾ lb boneless, skinless chicken breast \$2.18
- ¾ lb pork tenderloin \$4.55
- 10 oz ground turkey breast \$3.74

Veggies/Fruits

- 1 large red apple (such as Braeburn or Gala) \$0.86
- 1 large Granny Smith apple \$0.85
- ½ lb beets \$0.42
- 12 oz fresh cranberries \$2.49
- 1 lb green cabbage \$0.67
- 1 lb carrots \$1.09
- 1 head cauliflower \$2.00
- 1 lb celery \$1.89
- 1 bunch fennel \$2.81
- 1 head garlic \$0.63
- 1 bunch kale \$1.49
- 1½ lb sweet onion \$1.55
- 1 yellow onion \$1.05
- 2 juice oranges \$0.67
- 1 large green pear \$1.10
- 1 large red pear \$0.96
- 1 lb redskin potatoes \$1.14
- 1 lb sweet potatoes \$0.89
- 1½ lb butternut squash \$2.47

Whole Grains

- 16 oz buckwheat \$2.99
- 1 pkg corn tortillas (8 tortillas, 6 inches each) \$1.69

Extras

- 1 oz sliced raw unsalted almonds (purchased in bulk) \$0.46
- 32 oz low-sodium chicken broth \$1.99
- 2 oz unsweetened raisins \$0.39

Total Cost: \$50.24

Pantry Items

- Ground mustard
- Extra-virgin olive oil
- Dried oregano
- Fresh ground black pepper
- Dried rosemary
- Dried sage
- Sea salt
- Low-sodium soy sauce
- Dried thyme