



Clean Eating

Improving your life one meal at a time.

Shopping List

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Five Family Dinners FOR \$3 A PLATE!

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Feed Your Family FOR \$10 A DAY!

Shopping List

Proteins & Dairy

- 16 oz low-fat cottage cheese \$2.65
- 1 lb untrimmed boneless, skinless chicken breasts \$2.99
- 8 eggs \$1.29
- 1 lb extra-lean ground sirloin \$4.54
- 2 lb pork tenderloin \$11.98
- 7 oz 2% plain Greek yogurt \$1.34

Veggies/Fruits

- 2 large red apples (such as Fuji, Braeburn or Gala) \$1.77
- 1 head broccoli \$2.00
- 2 oz broccoli sprouts \$2.49
- 1 lb green cabbage \$0.39
- 1 lb carrots \$0.89
- 1 bunch celery \$1.69
- 1 head garlic \$0.50
- 1 lime \$0.34
- 8 oz cremini or button mushrooms \$0.99
- 1 bunch green onions \$0.34
- 3 large yellow onions \$1.48
- 1 juice orange \$0.34
- 1½ lb redskin potatoes \$1.64
- 1 lb sweet potatoes \$0.90

Whole Grains

- 11 oz quick-cooking pearl barley \$1.99
- 1 7.6 oz box whole-wheat couscous \$2.00
- 16 oz whole-wheat linguine \$1.17

Extras

- 2.5 oz sliced raw unsalted almonds \$1.69
- 1 lb dry brown lentils \$1.15
- 1 3.5-oz pkg sun-dried tomatoes \$1.69

Total Cost: \$50.24

Pantry Items

- Ground cinnamon
- Ground coriander
- Ground cumin
- Ground ginger
- Dried mint
- Olive oil
- Extra-virgin olive oil
- Olive oil cooking spray
- Sweet paprika
- Cracked black pepper
- Dried rosemary
- Dried sage
- Sea salt
- Dried thyme