



Clean Eating

Improving your life one meal at a time.

Shopping List

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Your Weekend Dinners Each Under **\$11**

Stretch just one \$50 grocery bag from Monday to Friday with our five wholesome family dinners – most of which can be prepared in 30 minutes or less!

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YOUR WEEKDAY DINNERS EACH \$11 UNDER 11

Budget Shopping List

Proteins & Dairy

- 1 15-oz can Eden Organic Navy Beans \$2.29
- 1 8-oz pkg feta cheese \$2.15
- 1 4-oz pkg shaved Parmesan cheese \$2.16
- 1 lb untrimmed boneless, skinless chicken breasts \$2.72
- 3 5-oz pouches wild salmon \$6.57
- 1 pint low-fat milk \$0.99
- ¾ lb pork tenderloin \$5.17
- ¾ lb beef sirloin strips \$3.74

Veggies/Fruits

- 5 crowns broccoli \$1.50
- ½ lb carrots \$0.30
- 1 lb green Swiss chard \$1.99
- 1 bunch cilantro \$0.69
- 1 large head garlic \$0.50
- 1 lb collard greens \$0.84
- 1 lemon \$0.79
- 1 bunch green onions \$0.50
- 1 yellow onion \$0.32
- 1 juice orange \$0.34
- 1 lb ripe Bosc pears \$1.97
- ½ lb snow peas \$1.88
- 1 lb red bell peppers \$1.81
- 1¼ lb yellow plantains \$1.03
- 3 lb redskin potatoes \$2.96

Whole Grains

- 1 18-oz pkg quick-cooking rolled oats \$2.19
- 1 pkg whole-wheat pitas (4 large pitas) \$1.89
- 1 16-oz pkg whole-wheat spaghetti \$0.99

Extras

- 1½ oz sliced raw unsalted almonds (purchased in bulk) \$0.70
- 1 6½-oz jar artichoke hearts \$1.49

Total Cost: \$50.46

Pantry Items

- Low-sodium chicken broth
- Ground ginger
- Mustard powder
- Olive oil
- Dried oregano
- Ground black pepper
- Red pepper flakes
- Dried rosemary
- Dried sage
- Sea salt
- Low-sodium soy sauce
- Balsamic vinegar