

Clean Eating

Improving your life, one meal at a time.

Budget Recipes Shopping List

Turn to "Stretch \$50 Over 5 Nights" on page 69 of the November/December 2010 issue of Clean Eating for the recipes that use these affordable ingredients.

Shopping List

PROTEINS & DAIRY

- 1 15-oz can Eden Organic Black Beans **\$1.50**
- 1 15-oz can Eden Organic Garbanzo Beans (aka chickpeas) **\$1.50**
- 2 lb boneless, skinless chicken breasts **\$7.00**
- 8 oz pork tenderloin **\$3.38**
- 11 oz tuna, pouched, in water **\$3.69**
- 5 oz grated Parmesan cheese **\$1.50**

VEGGIES/FRUITS

- 2 small bananas **\$0.49**
- 8 oz green beans **\$1.00**
- 1 bunch beets with greens attached (3 to 4 beets) **\$1.99**
- 1 lb broccoli **\$1.99**
- 1 lb celeriac (aka celery root) **\$1.95**
- 1 bunch fresh cilantro (about 40 stems) **\$0.89**
- 1 bunch collard greens **\$1.69**
- 1 16-oz bag frozen corn **\$1.00**
- 3 heads garlic **\$1.50**
- 1 lemon **\$0.67**
- 1 lime **\$0.50**
- 8 oz button mushrooms **\$2.00**
- 2 red bell peppers **\$3.00**
- 1 lb sweet potatoes **\$1.06**
- ½ lb beefsteak or Roma tomatoes **\$1.61**

WHOLE GRAINS

- 1 loaf whole-wheat bread **\$1.79**
- 1 8-oz pkg whole-grain spaghetti or linguini **\$1.39**
- 1 pkg brown risotto rice or other medium-grain brown rice **\$3.19**

NUTS/SEEDS/OILS

- 1 4-oz bag unsalted sunflower seeds (raw or roasted) **\$0.89**

EXTRAS

- 16 oz low-sodium chicken broth **\$2.59**
- 14 oz low-sodium vegetable broth **\$0.99**

Total: \$50.75

PANTRY ITEMS

- Chile powder
- Ground cumin
- Ground ginger
- Extra-virgin olive oil
- Dried oregano
- Sweet paprika
- Black pepper
- Dried rosemary
- Dried sage
- Sea salt
- Dried thyme
- Italian seasoning