

Clean Eating on a Budget - Shopping List

Pantry Staples

Check your pantry for these items before shopping.

- Extra-virgin olive oil
- Canola oil
- Red-wine vinegar
- Salt
- Kosher salt
- Pepper
- 1 jar natural peanut butter (or other nut butter to have with snacks)
- 16-oz. bag quinoa
- 42-oz. cannister old-fashioned oats
- 3 Tbsp. dried oregano
- 1 tsp. dried basil
- 5 tsp. ground cumin
- 4 tsp. paprika
- 1 tsp. cayenne pepper
- ½ tsp. ground cinnamon
- 1 bay leaf

Tip: *If you need to purchase spices, buy a small amount of those you don't think you will use very often in the bulk section of the grocery store to save money and cabinet space.*

Canned, Bottled & Dried Goods

- 5-oz. container chia seeds
- 8-oz. container unsalted dry-roasted almonds
- 2-oz. package unsalted toasted sunflower seeds
- 2 32-oz. cartons vegetable broth
- 1 32-oz. carton low-sodium chicken broth
- 1-lb. bag dried chickpeas
- 2 15-oz. cans cannellini beans (or other white beans)
- 15-oz. can black beans
- 25-oz. jar low-sodium marinara sauce
- 2 14.5-oz. cans fire-roasted diced tomatoes
- 6-oz. can tomato paste
- 14-oz. can artichoke hearts

- 6-oz. jar oil-cured olives
- 6-oz. jar pesto
- 11-oz. bag quick-cooking barley
- 18-oz. tube polenta
- 1 bottle white wine

Dairy, Milk & Eggs

- 2 5-oz. containers low-fat plain Greek yogurt
- 5-oz. container nonfat Greek yogurt
- 10 oz. queso fresco
- 8-oz. wedge Parmesan cheese

Refrigerator & Freezer Items

- 1 dozen large eggs
- 10-oz. container hummus
- 1-lb. bag frozen peas
- 10-oz. bag frozen edamame
- 3 10-oz. bags frozen kale

Meat, Poultry & Seafood

- 1 lb. boneless, skinless chicken breast
- 1½ lbs. boneless, skinless chicken thighs
- 2 lbs. bone-in chicken thighs

Produce

- 7 apples
- 3 oranges
- 3 bananas
- 16-oz. container mixed greens
- 3 cucumbers
- 2 heads garlic
- 2 avocados
- 2 large onions
- 1 bulb fennel
- 5-oz. bag baby spinach
- 16-oz. bag kale
- 8-oz. package cooked baby beets
- 1 lemon
- 1½ lbs. sweet potatoes
- 4 poblano peppers
- 3 shallots
- 1 bunch cilantro

= \$112.08 (not including pantry staples)

