11-Day	/ Clean	Eating	Program	
Shopping List	WFM	Brand	Sales/Orig. Price	Options
Grocery:				-
Almond Milk	\$1.99	365 Organic 32oz		
Coconut Milk	\$2.79	SO Delicious Organic		
			SALE through 1/28 (Orig \$4.19)	
Hemp Milk Rice Milk		Tempt 32oz 365 Organic 32oz	<del>  \$4.19)</del>	
Gragg's ACV (7/8 cup) 32oz	\$6.69	305 Organic 3202		
Dijon Mustard (1/2 tsp)		365 Organic 8oz		
(alamata Olives (optional)		Divina 10.2oz		
		Colavita 17oz		
ded Wine Vinegar (1/4 cup)		365 Org Low Sodium		
/egetable Broth (10 cups)	\$1.99		#2.00/lb	
Shredded Coconut, Unsweetened (2 tbsp)		BULK	\$3.99/lb	
Cranberry Concentrate (14 tbsp)		R.W. Knudsen 8oz		
(ombu/Sea Veg (1 strip)	\$9.99	Eden 2.1oz (9 Strips)		
egetable Seasoning (4 tsp)				
ruit:				
pples (2)	\$2.99	Red Delicious Org	1.99/lb @ 1.5lb	
ananas (4)		Oganic	.99lb @ 4lb	.89/lb Convention
vocados (4-5)	\$12.00	- Ggac	2.49 each	
emons (13)		Organic	.99 each @ 20 each	\$5.49 each 2lb bag Org
ranges (7-8)		Cara Cara	1.99/lb @ 4.5lb	
ear (1)		Bosc Organic	2.49/lb @ 1lb	
ed Bell Peppers (2)		Organic	5.99/lb @ .9lb	
erbs:				
lantro (1/2)	\$1.99	Organic	1.99 each	
oill (1/2)	\$1.99	Organic	1.99 each	
1int (1)	\$0.99		.99 each	
arsley (1 1/2)	\$1.99	Organic	1.99 each	
Sarlc (5e)	\$0.44		3.49/lb @ .125	
Bulk Grocery:				
ates (1)	\$1.02	Organic Pitted Dates Organic Turkish Dried	5.99/lb @.17lb (13 dates)	
ried Apricots (6)	\$0.38	Apricots	6.39/lb @ .06lb (6 apricots)	
igs (3-4)	\$0.52	Dried Calimyrna Figs	7.49/lb @ .07lb (4 figs)	
umpkin Seeds (1/2 cup)	\$5.69	Raw Organic	5.69/lb @ 1lb	
unflower Seeds (1 1/3 cup)	\$3.79		3.79/lb @ 1lb	
Coconut, Shredded (1 tbsp)	\$0.08	Organic	3.99/lb @ .02 (2 tbsp)	
Totali	¢105.40			
<u>Total:</u>	<u>\$125.16</u>			

11 Do	v Cloop	Ection	Drogram	~
	y Clean			1
Shopping List	WFM	Brand	Sales/Orig. Price	Options
Frozen:				
Berries (1 cup)	\$2.79	365 Organic 10oz		1.69 (365 16oz)
Blueberries (1 cup)	\$3.99	365 Organic 10oz		2.99 (365 16oz) 2.29 (365 Org Peas &
Carrots (1/4 cup)	N/A			Carrots 16oz)
Peas (1/4)	\$1.99	365 organic 16oz		1.29 (365 16oz)
/egetables:				
Beets (2 1/2)	\$4.49		2.99/lb @ 1.5lb	
Broccoli (1e)	\$2.99	Organic	3.99/lb @.75lb	1.99/lb Conventional
Butternut Squash (1e)	\$1.79	Organic	1.49/lb @ 1.2lb	
Carrots (2lbs + 2 1/2 cups)		Loose	1.29/lb @ 2.5lb	1.99 each/2lb bag
Celery (3e)	\$2.99	Organic each		
Cauliflower (1 1/2e)	\$8.98	Organic each	4.49 each	3.99 each Conventional
Collard Greens (1e + 2leaves)	\$1.48		.99/lb @ 1.5lb	
Kale (10 cups)	\$2.00	Nature Greens 16oz (clamshell)	2 for \$4	
Mesclun (2 cups)	\$5.49	Satur's 16oz (clamshell)	5.49 each	
Onions (4)	\$2.19	Organic	1.99/lb @ 1.1lb	.99/lb Conventional
Parsnips (10)	\$11.66		2.99/lb @ 3.9lb	
Red Cabbage (1/2)	\$2.18	Organic	1.99/lb @ 1.1lb	
Red Onion (1/2)	\$0.59	Organic	1.99/lb @ .3lb	
Spinach (3 cups)	\$6.99	Olivia's Org 16oz (clamshell)	6.99 each	
Леаt:				
Soup Bones (3-5#)				
Other:				
Chia Seeds	\$15.99	365 Organic 15oz		
Flax Seeds (Fine Ground)		365 Organic 14oz		
Hemp Seeds	\$3.00	Hemp Hearts .9oz	1.50 each @ 2 each	17.99 Box of 12
Total:	\$90.60			
Grand Total	\$215.76			
Grand Total	φ213.70			