

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 32oz		
Hemp Milk	\$3.50	Tempt 32oz	SALE through 1/28 (Orig \$4.19)	
Rice Milk	\$1.69	365 Organic 32oz		
Bragg's ACV (7/8 cup) 32oz	\$6.69			
Dijon Mustard (1/2 tsp)	\$1.99	365 Organic 8oz		
Kalamata Olives (optional)	\$4.99	Divina 10.2oz		
Red Wine Vinegar (1/4 cup)	\$3.99	Colavita 17oz		
Vegetable Broth (10 cups)	\$1.99	365 Org Low Sodium 32oz		
Shredded Coconut, Unsweetened (2 tbsp)	\$0.08	BULK	\$3.99/lb	
Cranberry Concentrate (14 tbsp)	\$10.99	R.W. Knudsen 8oz		
Kombu/Sea Veg (1 strip)	\$9.99	Eden 2.1oz (9 Strips)		
Vegetable Seasoning (4 tsp)				
Fruit:				
Apples (2)	\$2.99	Red Delicious Org	1.99/lb @ 1.5lb	
Bananas (4)	\$3.96	Organic	.99lb @ 4lb	.89/lb Convention
Avocados (4-5)	\$12.00		2.49 each	
Lemons (13)	\$19.80	Organic	.99 each @ 20 each	\$5.49 each 2lb bag Org
Oranges (7-8)	\$8.96	Cara Cara	1.99/lb @ 4.5lb	
Pear (1)	\$2.49	Bosc Organic	2.49/lb @ 1lb	
Red Bell Peppers (2)	\$5.40	Organic	5.99/lb @ .9lb	
Herbs:				
Cilantro (1/2)	\$1.99	Organic	1.99 each	
Dill (1/2)	\$1.99	Organic	1.99 each	
Mint (1)	\$0.99		.99 each	
Parsley (1 1/2)	\$1.99	Organic	1.99 each	
Garlic (5e)	\$0.44		3.49/lb @ .125	
Bulk Grocery:				
Dates (1)	\$1.02	Organic Pitted Dates	5.99/lb @ .17lb (13 dates)	
Dried Apricots (6)	\$0.38	Organic Turkish Dried Apricots	6.39/lb @ .06lb (6 apricots)	
Figs (3-4)	\$0.52	Dried Calimyrna Figs	7.49/lb @ .07lb (4 figs)	
Pumpkin Seeds (1/2 cup)	\$5.69	Raw Organic	5.69/lb @ 1lb	
Sunflower Seeds (1 1/3 cup)	\$3.79		3.79/lb @ 1lb	
Coconut, Shredded (1 tbsp)	\$0.08	Organic	3.99/lb @ .02 (2 tbsp)	
Total:	\$125.16			

