

# Fall/Winter Clean Eating Shopping List

Items commonly found in fall/winter detox, cleanse and Ayurvedic recipes. Keep the spices, legumes and seeds as staples; purchase fresh produce, herbs, etc. as needed. Avoid canned foods as much as possible. Build a freezer pantry of preservative-free go-to's such as veggie or bone broths/stocks, tomato sauce and pastes from recipes online.



## PRODUCE

- ☐ Apples
- ☐ Arugala
- ☐ Asparagus
- ☐ Avocado
- ☐ Basil
- ☐ Beets
- ☐ Blood Oranges
- ☐ Broccoli
- ☐ Garlic
- ☐ Brussels Sprouts
- ☐ Cauliflower
- ☐ Carrots (do not purchase pre-cut)
- ☐ Celery
- ☐ Cilantro

- ☐ Dandelion Greens (Jan-May)
- ☐ Dinosaur Kale (lacinato) for baking kale chips
- ☐ Fennel
- ☐ Ginger Root
- ☐ Kale, any variety
- ☐ Leeks
- ☐ Parsley, curly or Italian
- ☐ Parsnips
- ☐ Pears
- ☐ Shallots
- ☐ Spinach
- ☐ Shiitake Mushrooms
- ☐ Sweet Potatoes
- ☐ Tomatoes (Roma variety is one of the juiciest for making pastes, sauces, soup bases)
- ☐ Turmeric Root
- ☐ Turnips

## SPICES (Tip: buy your most used spices from bulk canisters and save)

- ☐ Cayenne Pepper, ground
- ☐ Cloves, whole and ground
- ☐ Cardamom, ground
- ☐ Cinnamon, ground
- ☐ Coriander, whole and ground
- ☐ Garam Masala (spice)
- ☐ Fennel Seed
- ☐ Fenugreek
- ☐ Ginger, ground
- ☐ Turmeric, ground
- ☐ Vanilla Bean
- ☐ Amaranth

## GRAINS/SEEDS/NUTS/LEGUMES (Tip: buy bulk and save)

- ☐ Chia Seeds
- ☐ White Pepper
- ☐ Black Eyed Peas
- ☐ Brown Rice
- ☐ Organic chicken (butcher preferred)
- ☐ Ezekiel Bread (frozen section)
- ☐ Flax Seeds
- ☐ Green (French) Lentils
- ☐ Macadamia Nuts
- ☐ Pine Nuts
- ☐ Red Lentils
- ☐ Sunflower Seeds
- ☐ Quinoa

## MEAT/FISH

- ☐ Organic Bone Broth (best from your butcher or Vital Proteins brand)
- ☐ Organic/Wild Caught Salmon (not farm raised)

## DAIRY/EGGS

- ☐ Plain Yogurt (Cashew, Greek, whatever your dietary preference)
- ☐ Organic, Cage-Free Eggs
- ☐ Vegan or Lactose-Free Cheese (Myoko is top-quality)

## CONDIMENTS/OILS/SAUCES

- ☐ Apple Cider Vinegar
- ☐ Coconut Oil
- ☐ Ghee, any variety
- ☐ Sesame Oil
- ☐ Tamari Sauce