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