

# 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

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### **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

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### **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
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## MEAT/FISH

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

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

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