

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
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- 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
