

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

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