

Clean Eating

SHOPPING LIST

- ½ dozen eggs
- 2 qt dairy or unsweetened nondairy milk
- 10 oz soft goat cheese
- 1 stick unsalted butter
- 4 5-oz wild salmon fillets
- 1 carton protein powder
- 9 small apples (such as McIntosh)
- 6 large oranges
- 1½ lb butternut squash (or 3 10-oz bags frozen cubes)
- 3 leeks
- 1¼ lb carrots
- 2 lb parsnips
- 2½ lb Brussels sprouts
- 1 1-inch piece ginger
- 1 head garlic
- 1 bunch fresh sage
- 4 Russet potatoes
- 1 bag almond flour (**TRY:** Hodgson Mill Almond Flour)
- 1 bag ground flaxseed
- 8 oz raw unsalted walnuts

PANTRY STAPLES

- 1 jar coconut oil
- 1 bottle olive oil
- 1 bag brown rice
- 1 carton old-fashioned rolled oats
- 1½ qt low-sodium vegetable broth
- 1 carton yellow miso
- 1 bottle apple cider vinegar
- 1 bottle pure maple syrup
- 1 bottle hot sauce
- 1 bottle reduced-sodium tamari or soy sauce
- 1 bottle ground cinnamon
- 1 bottle ground cumin
- 1 bottle sea salt
- 1 bottle ground black pepper