

Clean Eating

Your 20-Ingredient Shopping List

1. 4 6-oz boneless, skinless chicken breasts
2. 1½ dozen large eggs
3. 3 15-oz BPA-free cans chickpeas
4. 1 qt plain unsweetened almond milk
5. 1 16-oz container full-fat sour cream
6. 2 lb fresh spinach
7. 1½ lb broccoli
8. 2 lb red beets (5 large)
9. 1 head garlic
10. 1 lemon
11. 1½ lb Brussels sprouts
12. 7 apples (2 Granny Smith)
13. 2 red onions
14. 1½ lb carrots
15. 1 large cucumber
16. 1 15-oz BPA-free can pumpkin purée
17. 1 bag rolled oats
18. 1 bag brown rice flour
19. 1 bag brown rice
20. 1 lb unsalted walnuts

Pantry Staples

- 1 jar coconut oil
- 1 bottle extra-virgin olive oil (**TRY:** Bragg Organic Extra-Virgin Olive Oil)
- 1 bottle pure maple syrup
- 1 bottle apple cider vinegar
- 1 box baking soda (**TRY:** Bob's Red Mill Gluten-Free Baking Soda)
- 1 bottle pure vanilla extract
- 1 bottle ground cinnamon
- 1 bottle ground ginger
- 1 bottle ground cloves
- 1 bottle ground nutmeg
- 1 bottle garlic powder
- 1 bottle ground cumin
- 1 bottle paprika
- 1 bottle chile powder
- 1 bottle sea salt
- 1 bottle ground black pepper