

Clean Eating

SHOPPING LIST

PROTEINS & DAIRY

- 1 dozen large eggs
- 5 oz Manchego cheese
- 3½ oz crumbled full-fat feta
- 1 container mascarpone cheese

VEGGIES & FRUITS

- 13½ oz baby spinach
- 4 large yellow bell peppers
- 25 oz cherry tomatoes
- 2 bunches celery
- 3 large shallots
- 1 bunch fresh basil
- 1 bunch fresh cilantro
- 1 head garlic
- 1 lemon
- 1 lb butternut squash
- 1 lb Russet potatoes
- 1 2-inch knob fresh ginger
- 2 avocados
- 1 banana
- 2 pints strawberries

WHOLE GRAINS

- 8-count bag whole-wheat pitas (2-oz each)

NUTS, SEEDS & OILS

- 4 oz roasted salted walnuts
- 1 bottle extra-virgin olive oil

EXTRAS

- 2 15-oz cans BPA-free chickpeas
- 1 jar marinara sauce
- 1 jar black olive tapenade
- 1 8-oz container hummus
- 1 jar harissa paste
- 1 container tzatziki
- 1 qt low-sodium vegetable broth
- 15 oz 100% pomegranate juice
- 1 bottle red wine vinegar
- 1 bottle red pepper flakes
- 1 bottle saffron threads
- 1 bottle smoked paprika (TRY: Simply Organic Smoked Paprika)
- 1 bottle sea salt
- 1 bottle ground black pepper
- 1 jar roasted red bell peppers
- 1 pkg dried unsweetened apricots
- 1 bag frozen raspberries 