



Spring Shopping List

this shopping list is designed for my Spring seasonal menu in Go Green Get Lean

Fruits & Vegetables*

Fresh cherries
Scallions
Onions
Fresh (or Frozen) Peas
Fresh Spinach
Asparagus
Rhubarb
Lemons
Limes
Garlic
Local lettuce
Sugar Snap Peas
Apricots
Beets
Oranges
Shallots
Carrot
Local Strawberries

Nuts & Legumes**

Walnuts
Pine Nuts
Cashews
Chopped Almonds
Poppy Seeds

Miscellaneous

Grilling Skewers

Dairy*

Eggs
Soy Milk
Plain Lowfat Organic Yogurt
Grated Parmesan
Extra Firm Tofu
Soft Tofu
Local Goat Cheese
Local Sharp Cheese

Juices

100% Orange Juice

Baking Supplies

Salt
Raw Local Honey
Whole Grain Pancake Mix

Cereals & Crackers**

Whole Grain Breakfast Cereal

Pastas & Grains**

Barley
Quinoa
Brown rice
Orzo

Breads

Whole Wheat English Muffins
Whole Wheat Pita Bread
Whole Wheat Wrap
Whole Wheat Soft Taco Shells
Bread Crumbs
Whole Wheat Buns / Rolls

Canned Goods

Black Beans
Stewed Tomatoes
Chopped Olives

Condiments/ Cooking Supplies

Olive Oil
Canola Oil
Sesame Oil
Seasoned Rice Wine Vinegar
Soy Sauce
Chicken or Vegetable Broth
Maple Syrup
Grain mustard
Seafood Rub
Jarred Salsa
Hummus
All natural ketchup
Almond Butter

Meat/Poultry & Soy

Edamame
Veggie Burger (*your favorite*)
Organic boneless, skinless
chicken breast
Ground Venison, elk or grass
fed bison
Soy Sausages

Seafood

Wild Alaska Salmon
Shrimp

Spices & Herbs

Cinnamon Stick
Ground Cinnamon
Black Pepper
Fresh Mint
Fresh Ginger
Lemon Thyme (*or regular*)
Fresh Cilantro
Garlic Powder
Dried Chili
Chili Powder
Paprika
Ground Cumin
Ginger Root
Dried Basil

* local and organic to the extent you can ~ TIP: try to find sources grown as close to home as possible
** buy from bulk bins if possible