



Winter Shopping List

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

Fruits & Vegetables*

Onions: yellow and red
Garlic
Red bell pepper
Green bell pepper
Lemons
Lime
Butternut squash
Sweet Potato
Parsnips
Carrots
Shallots
Watercress
Kale
Brussels sprouts
Celery
Celery root
Endive
Tangerines
Apples
Dried cranberries
Dried cherries
Oranges
Frozen blueberries
(or your favorite frozen fruit)
Cauliflower
Avocado
Bartlett pear
Grapefruit

Dairy*

Butter
Soy milk
Eggs
Gruyere cheese *(or your favorite local cheese that's similar)*
Parmigiano Reggiano
Greek yogurt *(nonfat)*
Half & half *(organic)*
Extra firm tofu

Juices

pomegranate juice
pear nectar *(or apple cider)*
Fresh 100% orange juice

Baking Supplies

Unbleached flour
Whole wheat pastry flour
Baking powder
Baking soda
Salt
Kosher salt
Sugar
Brown sugar
Vanilla
Nutritional yeast

Cereals & Crackers**

Oatmeal
Whole grain crackers

Pastas & Grains**

whole wheat penne pasta

Breads

Crusty Local Bread
Whole Wheat Pita Bread
Multigrain waffle

Canned Goods

canned pumpkin
pinto beans
black beans
stewed tomatoes
vegetable broth

Nuts & Legumes**

pistachios
almonds
walnuts
cashews
sunflower seeds
beans *(kidney, navy or garbanzo)*
pink lentils
pumpkin seeds *(toasted)*

Condiments/ Cooking Supplies

Olive oil
Dijon mustard
Canola mayonnaise
(or vegan mayonnaise)
Maple syrup
Raw local honey

Meat/Poultry

Organic roasting chicken
Organic pork tenderloin
Soy sausage

Seafood

Alaska Salmon *(ideally frozen at sea)*
Green fish *(your favorite)*

Spices

Fresh rosemary
Fresh chives
Fresh Parsley
Ground cinnamon
Cumin
Oregano
Chili powder
Paprika
Cracked black pepper
Cayenne pepper
Nutmeg
Turmeric
Dried dill
Curry powder

* *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*