

Fall/Winter Shopping List

This list give's you some general options for simple meals and snacks you can purchase during colder months. You don't have to buy everything on here! Check off a handful of these items to pick up each week. Try shopping in the order below (starting with veggies and working your way around the outer aisles of the store). When possible, try to shop seasonally and locally. Be mindful to chose items labeled organic, natural, wild, free range, grass fed, and antibiotic free. It's important to make sure you are nourishing your body with the right kinds of nutrients; not hormones and toxins.

Fruits and Veggies

- Mixed greens
- Kale, swish chard, or other dark leafy greens
- Brussels sprouts
- Broccoli or Cauliflower
- Zucchini or squash
- Mushrooms
- Onions
- Baby tomatoes
- Carrots or parsnips
- Garlic cloves
- Celery
- Avocados
- Bananas
- Frozen berries
- Apples/pears
- Oranges/Tangerines
- Lemons

Protein

- Whole chicken, breasts, or thighs
- Lean ground beef or lean ground turkey
- Eggs
- Nitrate free turkey or pork bacon (use in moderation)
- Salmon or other fresh fish
- Wild caught canned salmon or tuna
- Protein powder (This of course is not in the meat section, but I have it everyday for breakfast and it is great source of protein to have around. I use Isagenix's Whey Isapro)

Nutrient Dense Grains/Starches/Legumes

- Quinoa, millet, or amaranth
- Sweet potatoes
- Ezekiel bread
- Fava, garbonzo, or black beans

Healthy Fats

- Natural nut butters (almond, cashew, peanut, or sunflower)
- Pumpkin, sunflower, or chia seeds
- Avocado or olive oil

- Raw walnuts, cashews, or almonds
- Coconut oil (best for cooking)

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Snacks/Extras

- Unsweetened almond, cashew, or regular organic milk
- Plain Greek yogurt (Fage or Stonefield)
- Hummus (My fav is Asmar's original Hommus from Wholefoods. You can also follow the recipe listed and make it from scratch fairly easily)
- Dark chocolate (72% or higher. I like the Endangered Species brand)
- Stevia drops
- Raw Honey
- Vanilla extract
- Kind bars (pick the ones labeled 5g or less in sugar. There have delicious savory flavors as well)
- Arctic Zero (From Wholefoods, Safeway, and most natural grocery stores. It's 150 Cals for the entire pint! Try adding walnuts, pumpkin, butter and cinnamon). This is one of my go to non-guilty pleasures)
- Pumpkin or apple butter
- Fresh Salsa
- "Healthy Chips" (I get Organic Stone Ground Blue Chips with sprouted amaranth, quinoa, and chia seeds from Trader Joe's)
- Green veggie powder (for smoothies or protein shakes)
- Apple cider or balsamic vinegar
- BBQ sauce (I use Annie's Naturals)
- Coffee/Tea

Seasonings

- Cinnamon
- Thyme
- Cumin
- Turmeric
- Paprika
- Cayenne pepper
- Garlic powder
- Onion powder
- Sea salt
- Black pepper