



Fall Shopping List

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

Fruits & Vegetables*

Tomato
Onion
Garlic Cloves
Celery
Scallions
Dried porcini mushrooms (*or fresh*)
Acorn Squash
Butternut squash
Sweet Potato
Carrots
Fresh Corn
Fennel
White Cabbage
Kale
Collard Greens
Swiss Chard
Dried local cherries (*or cranberries*)
Lemons
Oranges
Pears
Apples
Beets

Nuts & Legumes**

Walnuts (*or pinenuts*)
Sunflower Seeds
Slivered Almonds
Chopped Almonds

Dairy*

Eggs
Organic Butter
Organic 2 % Milk
Nonfat Greek Yogurt
Nonfat Plain Yogurt
Soy milk
Extra Firm Tofu

Juices

100% Orange Juice

Baking Supplies**

Unbleached Flour
Whole Wheat Pastry Flour
Cornmeal
Sugar
Baking powder
Salt
Vanilla

Cereals & Crackers**

Cinnamon Granola

Pastas & Grains**

Polenta
Wild Rice
Quinoa
Whole Wheat couscous

Breads

Whole grain bread
Bread Crumbs
Multigrain Waffles
Whole Grain Wraps

Canned Goods

Diced tomatoes
Stewed Tomatoes
Tomato Paste
Tomato Puree (*or extra
stewed tomatoes*)
Pinto beans
Chick Peas

Condiments/ Cooking Supplies

Extra Virgin Olive Oil
Expeller pressed Canola Oil
Expeller pressed Walnut Oil
Vegetable or Chicken Bullion
Balsamic Vinegar
Canola Mayonnaise
Maple Syrup
Almond Butter

Meat/Poultry & Soy

Organic chicken
Ground Venison or grass
fed Bison

Seafood

Green Fish (*your favorite*)

Spices & Herbs

Ground Cumin
Oregano
Cinnamon
Whole Cinnamon Stick
Whole Cloves
Paprika
Parsley
Black Pepper
White Pepper
Curry
Nutmeg
Bay Leaf
Thyme
Fresh Parsley
Fresh Mint
Fennel Seeds
Mustard Seeds
Cumin Seeds
Green Cardamom
Whole Dried Red Chili
Chili Powder
Turmeric Powder
Coriander Powder
Garam Masala
Dried Mango Powder (*optional*)

* 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