

Clean Eating

SHOPPING LIST

Select your recipes then take our handy list to the grocery store for smoother shopping.

ASIAN BROCCOLI GINGER SLAW with Grilled Tofu	GRILLED GREEK SALAD with Chicken	KOREAN BULGOGI LETTUCE WRAPS	STRAWBERRY GINGER CRISP	GRILLED COD & POBLANO TACOS with Gremolata
PRODUCE				
<ul style="list-style-type: none"> <input type="checkbox"/> 2 limes <input type="checkbox"/> 1 1½-inch piece fresh ginger <input type="checkbox"/> ¼ lb broccoli florets (about 2 large bunches) <input type="checkbox"/> 5 radishes <input type="checkbox"/> 1 carrot <input type="checkbox"/> 1 bunch fresh cilantro <p><i>Pick up just 1 bunch of each cilantro and flat-leaf parsley for all the recipes.</i></p>	<ul style="list-style-type: none"> <input type="checkbox"/> 12 oz multicolored cherry tomatoes <input type="checkbox"/> 1 small red onion <input type="checkbox"/> 1 clove garlic <input type="checkbox"/> 1 bunch fresh mint <input type="checkbox"/> 1 lemon <input type="checkbox"/> 6 8-oz romaine hearts <input type="checkbox"/> 1 bunch fresh flat-leaf parsley 	<ul style="list-style-type: none"> <input type="checkbox"/> 1 green onion <input type="checkbox"/> 1 2-inch piece fresh ginger <input type="checkbox"/> 3 cloves garlic <input type="checkbox"/> 1 red Thai chile <input type="checkbox"/> 1 lime <input type="checkbox"/> 2 large carrots <input type="checkbox"/> 1 large head red leaf or gem lettuce <input type="checkbox"/> radishes and cilantro for serving, optional 	<ul style="list-style-type: none"> <input type="checkbox"/> 1 orange <input type="checkbox"/> 2 lb strawberries <input type="checkbox"/> 1 1-inch piece fresh ginger <p><i>About 5 inches of ginger root will cover you for all 5 recipes.</i></p>	<ul style="list-style-type: none"> <input type="checkbox"/> 1 bunch fresh cilantro <input type="checkbox"/> 1 bunch fresh flat-leaf parsley <input type="checkbox"/> 1 red jalapeño or serrano chile <input type="checkbox"/> 4 limes <input type="checkbox"/> 4 4-oz poblanos <input type="checkbox"/> 3 avocados <input type="checkbox"/> 3 cloves garlic <p><i>If making all 5 recipes, you'll need a total of 1 head garlic.</i></p>
PROTEIN				
<ul style="list-style-type: none"> <input type="checkbox"/> 1 14-oz block organic extra-firm tofu 	<ul style="list-style-type: none"> <input type="checkbox"/> 1½ lb boneless, skinless chicken thighs 	<ul style="list-style-type: none"> <input type="checkbox"/> 1¾ lb flanken-style boneless beef short ribs 		<ul style="list-style-type: none"> <input type="checkbox"/> ½ lb cod fillets
MISCELLANEOUS				
<ul style="list-style-type: none"> <input type="checkbox"/> 2 oz roasted salted peanuts 	<ul style="list-style-type: none"> <input type="checkbox"/> 2 to 3 oz pitted Kalamata olives 		<ul style="list-style-type: none"> <input type="checkbox"/> 1 oz unsalted walnuts 	<ul style="list-style-type: none"> <input type="checkbox"/> 12 6-inch corn tortillas
DAIRY				
	<ul style="list-style-type: none"> <input type="checkbox"/> 4 oz feta + 1 cup brine 		<ul style="list-style-type: none"> <input type="checkbox"/> 1 stick organic unsalted butter <input type="checkbox"/> 1 container whole-milk yogurt, optional 	
PANTRY STAPLES				
<ul style="list-style-type: none"> <input type="checkbox"/> 1 bottle reduced-sodium soy sauce <input type="checkbox"/> 1 bottle toasted sesame oil <input type="checkbox"/> 1 bottle sea salt <input type="checkbox"/> 1 bottle ground black pepper <input type="checkbox"/> 1 bottle safflower oil <input type="checkbox"/> 1 bottle raw honey <input type="checkbox"/> 1 bottle sriracha 	<ul style="list-style-type: none"> <input type="checkbox"/> 1 bottle red wine vinegar <input type="checkbox"/> 1 bottle olive oil <input type="checkbox"/> 1 bottle sea salt <input type="checkbox"/> 1 bottle ground black pepper 	<ul style="list-style-type: none"> <input type="checkbox"/> 1 bottle reduced-sodium soy sauce <input type="checkbox"/> 1 bottle raw honey <input type="checkbox"/> 1 bottle hoisin sauce <input type="checkbox"/> 1 bottle safflower oil <input type="checkbox"/> 1 bottle sesame oil <input type="checkbox"/> 1 bottle rice vinegar <input type="checkbox"/> sesame seeds and hot sauce for serving, optional 	<ul style="list-style-type: none"> <input type="checkbox"/> 1 bag whole-wheat flour <input type="checkbox"/> 1 bag date sugar <input type="checkbox"/> 1 bag old-fashioned rolled oats <input type="checkbox"/> 1 bottle Chinese five-spice powder 	<ul style="list-style-type: none"> <input type="checkbox"/> 1 bottle olive oil <input type="checkbox"/> 1 bottle sea salt <input type="checkbox"/> 1 bottle ground black pepper <input type="checkbox"/> 1 bottle ground coriander

Check your pantry to ensure you have these items handy.