

Clean Eating

SHOPPING LIST

Studying takes time, but grocery shopping shouldn't.
Tear out this list and take it to the store for quick and easy shopping.

BLACK BEAN TOASTER TOSTADAS	RICOTTA BREAKFAST TOAST	MEDITERRANEAN VEGGIE TOAST	KETTLE NOODLE SOUP	NO-BAKE CRANBERRY APPLE OAT BARS
PRODUCE				
<input type="checkbox"/> 1 clove garlic <input type="checkbox"/> 1 head iceberg or romaine lettuce <input type="checkbox"/> 1 Roma tomato <input type="checkbox"/> 1 avocado <input type="checkbox"/> 1 green onion <input type="checkbox"/> 1 jalapeño chile pepper	<input type="checkbox"/> 1 Bartlett pear	<input type="checkbox"/> 1 large zucchini <input type="checkbox"/> 2 Roma tomatoes <input type="checkbox"/> 2 white mushrooms	<input type="checkbox"/> 1 small head savoy cabbage <input type="checkbox"/> 2 carrots <input type="checkbox"/> 1 green onion	
GRAINS & LEGUMES				
<input type="checkbox"/> 12 6-inch corn tortillas <input type="checkbox"/> 1 15-oz BPA-free can black beans	<input type="checkbox"/> ½ loaf whole-grain bread	<input type="checkbox"/> ½ loaf whole-grain bread	<input type="checkbox"/> 1½ oz brown rice vermicelli noodles <input type="checkbox"/> 2-oz shelled edamame	<input type="checkbox"/> 1 bag large-flake rolled oats
EGGS & DAIRY				
<input type="checkbox"/> 5-oz cheddar cheese	<input type="checkbox"/> ½ 15-oz container whole-milk ricotta cheese	<input type="checkbox"/> ½ 15-oz container whole-milk ricotta cheese	<input type="checkbox"/> 2 large eggs	
PANTRY STAPLES				
<input type="checkbox"/> 1 bottle ground cumin <input type="checkbox"/> 1 bottle smoked paprika <input type="checkbox"/> 1 bottle sea salt <input type="checkbox"/> 1 bottle ground black pepper	<input type="checkbox"/> 1 bottle raw honey <input type="checkbox"/> 1 bottle ground cinnamon	<input type="checkbox"/> 1 jar sea salt <input type="checkbox"/> 1 jar dried oregano	<input type="checkbox"/> 1 bottle reduced-sodium soy sauce <input type="checkbox"/> 1 bottle rice vinegar <input type="checkbox"/> 1 bottle sriracha	<input type="checkbox"/> 1 bottle raw honey <input type="checkbox"/> 1 bottle ground cinnamon
MISCELLANEOUS				
	<input type="checkbox"/> 1 6-oz pkg raw unsalted almonds, optional	<input type="checkbox"/> 1 jar all-natural prepared pesto	<input type="checkbox"/> 1 container brown or white miso	<input type="checkbox"/> 1 container of almond butter <input type="checkbox"/> 1 6-oz bag dried cranberries <input type="checkbox"/> 1 6-oz bag unsweetened dried apple <input type="checkbox"/> 1 6-oz bag raw unsalted almonds <input type="checkbox"/> 1 bag whole flaxseeds <input type="checkbox"/> 1 bag ground flaxseeds

This recipe uses both whole and ground flaxseeds. If you have a coffee grinder or a mortar and pestle, you can buy whole flaxseeds and grind them yourself so you only have to buy one variety.