

Spring Detox

A SIMPLE SHOPPING LIST

We kept an eye on price, ease, and reduced food waste. Here's what you'll need to get cooking—all for about \$60.

STAPLES YOU'LL PROBABLY HAVE ON HAND

- Black pepper
- Dried oregano
- Ground cumin
- Kosher salt
- Low-sodium soy sauce
- Olive oil (regular and extra-virgin)
- Rice vinegar

PRODUCE

- Asparagus (4 ounces)
- Avocado (2)
- Blueberries (1 pint)
- Brussels sprouts (5 ounces)
- Butternut squash (½ cup)
- Chives
- Cilantro (¼ cup)
- Corn (1 ear)
- Eggplant (1, about 10 ounces)
- English cucumber (1 medium)
- Flat-leaf parsley (1 small bunch)
- Garlic (1 head)
- Ginger (1 small knob)
- Grape tomatoes (1 pint)
- Kiwi (4)
- Fresno chile (1)
- Lemons (3)
- Lime (1)
- Pomegranate arils (6 tablespoons)
- Portobello mushroom caps (6 ounces)
- Red bell pepper (1)
- Radishes (1)

- Plum tomato (1)
- Yellow onion (1 small)
- Zucchini (1, 4 ounces)
- Tempeh (1 [8-ounce] package)
- Tuscan kale (½ cup)

DRY GOODS

- Basmati rice (¼ cup)
- Bay leaf (1)
- Black beans (6 ounces)
- Coconut flakes (3 tablespoons)
- Farro (1 [8-ounce] package)
- Muesli (½ cup)
- Peanuts, unsalted (2 tablespoons)
- Sesame oil (2 tablespoons)
- Steel-cut oats (¾ cup)
- Tahini paste (¼ cup)
- Unsalted cashews (¼ cup)
- Unsalted chicken stock (1 [32-ounce] container)

MEAT AND SEAFOOD

- Chicken thighs, boneless, skinless (3 ounces)
- Prosciutto (1 ounce)

FROZEN FOOD

- Edamame, shelled (1 [12-ounce] package)
- English peas (1 [10-ounce] package)

DAIRY

- 2% reduced-fat milk (1½ cups)
- Plain whole-milk Greek yogurt (3 [5.3-ounce] containers)