

Winter 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
- Cooking spray
- Dijon mustard
- Garlic powder
- Kosher salt
- Olive oil (regular and extra-virgin)
- Red wine vinegar

PRODUCE

- Baby spinach (1 [6-ounce] bag)
- Bananas (2)
- Cherry tomatoes (1 pint)
- Cucumber (1)
- Garlic (1 head)
- Lacinato kale (1 bunch)
- Lemons (2)
- Oranges (3) or clementines (5)
- Pears or apples (2)
- Plain hummus (1 [7-ounce] container)
- Poultry-blend herbs (1 package)
- Red onion (1)
- Seedless red grapes (1 pound)
- Spaghetti squash (1 [3-pound])
- Sweet potato (1 [10- to 12-ounce])
- Trimmed green beans (1 [12-ounce] bag)

FROZEN FOOD

- Frozen mixed berries (12 ounces)

DAIRY

- Crumbled feta cheese (4 ounces)
- Large eggs (3)
- Plain 2% reduced-fat Greek yogurt (2 [5.3-ounce] containers)

DRY GOODS

- Almond butter (1 [1.15-ounce] packet)
- Cooked quinoa (1 cup)
- Low-sodium white tuna in water (1 [2.6-ounce] pouch)
- Unsalted chickpeas (1 [15-ounce] can)

MEAT AND SEAFOOD

- Shrimp, large, peeled and deveined (6 ounces)
- Pork tenderloin (8 ounces)
- Wild salmon fillet (6 ounces)

PRO TIP

Hit up the bulk bin section of your grocery store for whole grains, nuts, seeds, and pulses to save money and reduce packaging waste.