

# Simple Eats - “Fall into Healthy Eating” Grocery List



## On The Menu This Week ...

Roasted Fall Vegetable Salad

Pistachio Vinaigrette

Curried Butternut Squash Soup

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*Yields 4 servings per meal*

All ingredients are color-coded if you'd prefer to make only *some* of the weekly options. For ingredients that in numerous recipes (ie. limes), check the parenthesis to the right to see how many are in the recipes you're interested in making.

### Protein:

### Produce:

- ☐ 4 cups 1/4" cubed mixed root vegetables (parsnips, rutabaga, turnips, carrots, celeriac, beets or even sweet potatoes!)
- ☐ 4 cups baby spinach or mixed greens
- ☐ 1 Gala apple, peeled, cored, and diced
- ☐ 1/4 cup lemon juice
- ☐ 4 (2 + 2) medium shallots, thinly diced
- ☐ 2 celery stalks, chopped and diced
- ☐ 2-3 carrots, peeled and diced
- ☐ 1 large sweet potato (or 2 medium), peeled and diced
- ☐ 1 small butternut squash
- ☐ 2 cloves garlic, minced

### Dry Goods & Bakery:

- ☐ 2 Tbsps olive oil, divided
- ☐ 4 slices of Whole Grain Bread
- ☐ 1/4 cup pepitas
- ☐ 1 Tbsp minced onion
- ☐ 2 tsp honey
- ☐ 5-6 Tbsp pistachio nuts
- ☐ 4 (2 + 2) Tbsp maple syrup (or coconut sugar)
- ☐ 1 14-ounce can light coconut milk (and 1 can of full-fat coconut milk for serving, optional)
- ☐ 2 cups vegetable broth
- ☐ 1 Tbsp coconut or grapeseed oil
- ☐ 1 pinch each sea salt + black pepper
- ☐ 1 1/2 Tbsp curry powder
- ☐ 1/4 tsp ground cinnamon
- ☐ 1-2 tsp chili garlic paste (optional)
- ☐ Toasted pumpkin seeds
- ☐ Chili garlic paste

### Dairy & Refrigerated:

- ☐ Gorgonzola, for serving