



- Shopping List:
- ✓Blackberries
 - ✓Lettuce
 - ✓Kiwi
 - ✓Peppers
 - ✓Apples
 - ✓Tomatoes

DETOX GROCERY LIST

EAT CLEAN - NUTRIENT DENSE - WHOLE FOODS
HIGH PROTEIN & HIGH FIBER DIET FOR OPTIMAL
GUT HEALTH

FREE



MOMMA VS PHARMA

GUT FRIENDLY VEGGIES:

SPROUTS

(alpha, clover, spicy sprouts)

Microgreens

Bean Sprouts

Watercress

Dill

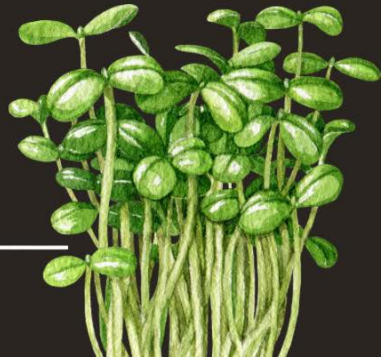
Parsley

Cilantro

Cucumbers

Radishes

Organic Onions



MOMMA VS PHARMA

GUT FRIENDLY SPICES:

Paprika

Turmeric

Black Pepper

Cayenne pepper

Celtic Salt

Cloves

Star Anise

Ginger

Garlic

Ceylon Cinnamon



MOMMA VS PHARMA

DRINKS:



Spring Water

(Glass Mountain Valley)

Organic Cold Pressed Juice

Coconut Water

(no sugar added - organic)

Tart Cherry

Cranberry Juice

Fruit Smoothies

Organic Concord Grape Juice

Organic Teas

Organic Apple Juice (gallstones)



MOMMA VS PHARMA

EGGS & MEATS:

Grass Fed Eggs
Organic Chicken
Grass Fed Steaks
Grass Fed Ground Beef



WARNING

*Pork & Shellfish
Contains Parasites -
Please Refrain During
Detox.



PLANT Proteins:



- Beans and Legumes: Lentils, chickpeas, black beans, pinto beans, kidney beans, and more.
- Soy Products: Tofu, tempeh, and edamame are all excellent sources of protein.
- Nuts and Seeds: Almonds, cashews, walnuts, sunflower seeds, chia seeds, hemp seeds, and pumpkin seeds.
- Nutritional Yeast (NON~Fortified): A deactivated yeast that has a cheesy flavor and is a good source of protein.
- Jack Fruit



GUT FRIENDLY DAIRY:



Raw Farm Cheddar Cheese

Raw Cottage Cheese

Raw Greek Yogurt

Raw Milk



Grass Fed Butter or Raw

(Raw Farm Brand at Sprouts)

Raw Kefir

(Raw Farm Brand at Sprouts)



MOMMA VS PHARMA

PLANT BASED DAIRY:



- Plant-based milks:
- Almond milk, oat milk, coconut milk, cashew milk, hemp milk, and rice milk are popular alternatives to dairy milk.
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- Plant-based yogurts:
- Made from ingredients like coconut, soy, or almonds, these yogurts are a great substitute for traditional dairy yogurt.
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- Plant-based cheeses:
- Vegan cheeses are often crafted from nuts (like cashews or almonds), soy, or nutritional yeast, offering dairy-free alternatives to cheeses like cheddar, mozzarella, and parmesan.
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- Plant-based butter:
- Vegan butters are made from oils, nuts, or other plant-based ingredients and can be used for spreading, cooking, and baking, similar to traditional dairy butter.



MOMMA VS PHARMA

GUT FRIENDLY CARBS:

Wild Rice
Sourdough
Sprouted breads
Organic Beans
Potatoes



~ Cooked then cooled (Sweet, White, Yellow)

Organic
Durum Wheat Semolina Pasta



MOMMA VS PHARMA

GUT FRIENDLY FATS:



Organic Avocado



Organic Coconut Oil



Brazil Nut's
(High in Selenium & helps Digestion)



MOMMA VS PHARMA