

★ 7 DAY DETOX SHOPPING LIST ★

Dried Herbs & Spices:

Cumin
Thyme
Rosemary
Oregano
Turmeric
Dill
Black Pepper
Himalayan Sea Salt
Bragg Sprinkle
Sea Salt

Fresh Herbs:

2 Bunches organic fresh cilantro
2 Bunches organic fresh parsley

Liquids:

Almond milk (unsweetened)
Tea (peppermint, chamomile, dandelion)
8 Cups vegetable stock

Fruits & Veggies

6 Lemons
2 Limes
2 Bulbs garlic
Fresh ginger
1 Yellow onion
1 Purple onion
4 Organic apples
1 Bag or container of organic leafy greens
4 Avocados
4 Beets

1 Pint organic blueberries
1 Bag frozen organic raspberries
1 Orange
2 Heads broccoli
1 Butternut squash
1 Bag carrots
1 Whole cauliflower
1 Bunch green onion
1 Leek
2 Bunches kale
2 Bunches dandelion greens
1 Small purple cabbage
1 Yam
3 Zucchini's
7 Cucumbers
3 Bunches Celery
Bag of frozen pineapple

Nuts, legumes, & Seeds:

Goji berries
Cashew nuts
Pumpkin seeds
Chickpeas

Oils:

Extra Virgin Olive Oil
Coconut Oil

Other:

Apple cider vinegar
Fermented wheat grass powder
Spirulina powder
Organic miso paste