



Detox Shopping List For Week #1

Drinks/Beverages

Water
Bai Antioxidant Cocofusion
Unsweetened organic cranberry juice
Lemon juice
Coconut milk (preferably canned)
Green Tea
Aloe Vera Juice
Chicken broth

Vegetables

Baby spring mix salad box or bag
Spinach
Asparagus
Leafy greens
Kale
Sweet potato
Lemons
Cucumber
Celery
Carrots
Purple Cabbage
Butternut squash
Zucchini squash
Broccoli
Tomato
Onion
Garlic
Ginger
Yellow pepper
Avocado (actually a fruit)
Pumpkin puree (canned, no sugar)

Fruit

Pineapple frozen or fresh not canned
Berries (blueberries, blackberries, boysenberries, raspberries, strawberries)
Shredded coconut flakes
Granny Smith Apple
Grapefruit
Avocado

Legumes, Nuts & Seeds

Sprouted sunflower seeds or pumpkin seeds (Go Raw)
Cashew or Almond butter
Raw almonds
Raw cashews
Raw walnuts
Lentils
Chia Seeds

Condiments, Herbs & Other

Pink Himalayan Sea Salt or Redmond's Real Salt
Black pepper
Bay leaf
Curry powder
Cinnamon
Cumin
Cilantro
Cayenne pepper
Dill
Turmeric
Parsley or Basil or both
Balsamic Vinegar
Stevia
Primal Kitchen Mayonnaise
Sauerkraut in refrigerator section not canned

Oils/Fats

Olive oil
Avocado oil
Coconut oil
MCT oil