

## 5 Day Detox – Shopping List

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### Liquids

- 2L coconut water (optional for Green Smoothie)
- 1.5L non-dairy, non-soy beverage (hemp, coconut, sunflower)

### Proteins

- 1 ½ pounds ground meat (beef, lamb, turkey – dark meat)
- 4-5 lbs. roasting chicken
- 6 oz. wild caught salmon (Alaskan is best!)
- protein powder – hemp or pumpkin seed

### Vegetables

- 1 bunch of beets, golden **OR** red
- ¼ lbs. baby bok choy
- 1 head of broccoli
- 2 pints brussel sprouts
- 1 medium cauliflower
- 1 bunch of carrots
- 1 bag shredded carrot (optional)
- 1 bunch celery
- 1 pint cherry tomatoes
- 1 bunch cilantro
- 1 bunch collard green leaves **OR** Butter Lettuce
- 1 cucumber
- 1-2 heads of garlic
- 1 ginger root, 3" piece
- 1 bunch green onion
- 18 cups greens (romaine, spinach, kale, chard...)
- 10 kalamata olives
- 1 bunch kale
- 3-5 peppers, red, green, yellow, orange (pick at least two!)
- 1 container sprouts (pea, broccoli, alfalfa, sunflower...)
- 1 red onion
- 1 head of romaine lettuce
- ½ cup sun dried tomatoes
- 2 sweet or white onions
- 2 sweet potatoes
- 3 large tomatoes

## **Fruits**

6-8 avocado  
3 bananas  
8 small pears, 2 gala apples **OR** 8 green apples, 2 gala apples  
6-8 lemons  
2 limes  
3 cups frozen berries (blueberry, raspberry, strawberry...)  
¼ cup unsweetened dried cranberries  
¼ cup goji berries

## **Nuts & Seeds**

1 cup raw, unsalted almonds  
½ cup almond meal  
½ cup raw walnut halves  
1 ½ cup raw, unsalted pumpkin seeds  
1 cup raw, unsalted sunflower seeds

## **Spices**

dried basil, oregano, rosemary  
dried or fresh sage, thyme  
chili or chipotle powder  
onion powder  
cumin  
red pepper flakes  
himalayan sea salt

## **Spreads, Oils, Vinegars, & Condiments**

almond butter (optional for Green Smoothie)  
tahini  
coconut oil  
extra virgin olive oil  
apple cider vinegar, with the mother (optional)  
coconut aminos  
dijon mustard (check your ingredients! some can contain wheat and/or sugar!)

## **Other**

1 tbsp. nutritional yeast (optional)  
½ cup raw cacao nibs  
fresh salsa (from the refrigerator section)