

Detox Week Shopping List

Vegetables	Fruits	Frozen	Misc
3 sweet potatoes	2 bunches bananas	1 bag peaches	1 bag flax seeds
2 yellow squash/zucchini	2 apples	2 bags blueberries	1 bag chia seeds
1 med knob ginger	2 pears	2 bags mango	1 bag hemp seeds
1 head garlic	1-2 grapefruit	1 bag strawberries	1 ctr sesame seeds
1 head cabbage	3 oranges	2 bags pineapple	1 ctr rolled oats
1 bunch Swiss chard	1 pkg cranberries	1 bag black-eyed peas	1 bag quinoa
1 bunch kale	7 lemons, opt	1-2 bags green beans	1 bag rice
1 sm pkg spinach		1-2 bags asparagus	1 qt vegetable OR chicken stock
3 heads romaine lettuce		1-2 bags broccoli	1 can/bag black beans
1 head leaf lettuce			1 can/bag chickpeas
2 beets w/ greens			1 jar spaghetti sauce (opt)
1 sm head green cabbage			1 bag/jar sundried tomatoes
1-2 cartons cherry tomatoes			1 ctr protein powder (opt)
3-4 large tomatoes			1 ctr BCAAs
1 bunch celery			1 ctr powdered stevia (I like NuNaturals)
1-2 cucumbers			1 jar honey/pure maple syrup
1-2 red bell peppers			1 box Almond milk/milk of choice
1 ctr fresh salsa			1 jar cinnamon
2 avocados			1 jar dried basil
other veggies for salads			1 jar dried oregano
			1 bottle vanilla extract
			salt
			pepper
			olive oil
			10 food storage containers (3-4 cup size; for fridge and freezer)