



- If a Farmer's Market is running in your area, try buying some of your produce there. It's fresher, cheaper, and always tastes better than what you can find in the grocery store.
- Shop in the bulk aisle for spices, dry beans, and grains. The products are often fresher and you don't need to buy a whole jar of something when you only need a few teaspoons.
- Consider going to a health foods store for this cleanse as they'll be likely to have more organic items. Co-ops are often less expensive than chain stores and many don't require you to be a member. To find a great co-op near you, visit <a href="http://www.localharvest.org/">http://www.localharvest.org/</a> and click the "Grocery/Co-op" button, enter your ZIP code and hit search.
- Remember to bring re-usable shopping bags. If you don't have any, check out <u>www.envirosax.com</u>. These bags are sturdy and fold up into a small ball so they can easily fit in your purse.
- If you have a Trader Joe's in your area, try shopping there first as they often have many items at a better price than other chains.
- Ask questions if you don't know where to find something, just ask someone who
  works there.
- Ideally, I'd like you to purchase ALL your produce items organically, but I know that can get pricey. Go online and print the The Dirty Dozen & Clean Fifteen list at <a href="http://www.ewg.org/foodnews/">http://www.ewg.org/foodnews/</a>. This guide shows you which produce items are important to buy organic and which are okay to buy not organic.

On the following pages, you'll find a space to write down all the ingredients you'll need, along with shopping tips.



- Download the <u>Environmental Working Group's Guide to Pesticides in Produce</u> so you can reduce your pesticide load by 80%.
- Don't forget to purchase 3 lemons for your morning hot lemon water
- Remember to include items for your smoothies, salad & snacks

Check the bulk section for Spices and Herbs – they are often much fresher and it saves \$ to buy just what you need rather than purchasing them in a jar.

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BULK SECTION	
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This information is being provided to you for educational and informational purposes only. It is being provided to educate you about how to take care of your body and as a self-help tool for your own use so that you can reach your own health goals. It is not intended to treat or cure any specific illness and is not to replace the guidance provided by your own medical practitioner. This information is to be used at your own risk based on your own judgment. If you suspect you have a medical problem, we urge you to take appropriate action by seeking medical attention.