



- 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.
- Remember to bring re-usable shopping bags.
- If you have a Trader Joe's, Natural Grocers, or Aldi 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.
- Check your pantry, fridge, and freezer to see which items you already have to make sure you don't double up.
- Ideally, I'd like you to purchase ALL your produce items organically, but I know that can get pricey. Go online and print The Dirty Dozen & Clean Fifteen list at http://www.ewg.org/foodnews/. 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 to make your trip as easy possible.



- 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 + salads (optional).

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.

Grab some sea salt – REAL Salt is a great brand that can be found at health	
and gourmet groceries. You can buy other brands as well, just be sure to but that isn't bright white. Pink, grey, brown and black are all good colors.	y sea saii
BULK SECTION	
I love buying grains and spices in bulk because I can buy the exact amount	I need.



Check your pantry before hitting the store.
REFRIGERATED/FROZEN
Check your freezer before hitting the store.



Supplements – All are optional. Check the supplement guide for more information on why we take these supplements. Skip supplements if you are pregnant or nursing.

- Vitamin B Complex in capsule form (1 capsule daily)
- Vitamin C in capsule form (1000 mg daily)
- Vitamin D in capsule (1,000-2,000 IU daily)
- Probiotics look in the refrigerated section (1 serving daily)
- Milk thistle (2 capsules daily)
- Dandelion, nettle, or detox tea
- Herbal laxative or laxative tea if you're prone to constipation. Look for senna or cascara in the ingredients.
- Epsom salts

SOME OF THE BRANDS I LIKE

- BioKult (probiotic)
- Eclectic Institute (milk thistle)
- Ester C (Vitamin C)
- New Chapter Organics (all)
- NOW (Vitamins B, C, D)
- Oregon's Wild Harvest (milk thistle)
- Whole Foods 365 brand
- Garden of Life (probiotic)

Keep in mind that when it comes to supplements, you truly get what you pay for. There are no standardizations when it comes to supplements, so you'll want to buy a brand that has been around awhile and has a good reputation. You'll want to purchase both Vitamin B and C in capsule form, not tablet, as tablets can be hard for your body to break down. The product should also be free of preservatives, fillers, binders, coloring agents, gluten, corn, soy, yeast and lactose.

Disclaimer:

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.