



Fall 5-Day Detox

For Beginners

Shopping List



SHOPPING TIPS

- 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.
- 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.

COMPLETE SHOPPING LIST:

On the following pages, you'll find all the ingredients needed to make recipes as listed in the suggested recipes grid on page 2 of the recipe booklet.

For 5-Day Detox Recipes

PRODUCE

- 1 avocado
 - 1 bag (or bunch) baby spinach
 - 1 bell pepper
 - 1 head broccoli
 - 2/3 lb Brussels sprouts
 - 1/2 small head red cabbage
 - 2 carrots
 - 2-3 collard greens
 - 2 bunches Swiss chard
 - 1 small bunch escarole or lacinato kale
 - 2 bunches various greens (kale, Swiss chard, collard greens, escarole, etc.)
 - 1 leek
 - 2 lemons
 - 1 lime
 - 4 oz cremini mushrooms
 - 4 oz shiitake mushrooms
 - 4 yellow onions
 - 2 ripe pears (or 1 pear and either 1 apple or 1/2 C organic berries)
 - 1 Poblano pepper
 - 1 shallot
 - 1 small bunch sprouts (optional)
 - 1 small butternut squash
 - 1 large Delicata squash
 - 1 yellow squash
 - 3 yams (2 small and 1 large)
 - 1 zucchini
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- Download the [Environmental Working Group's Guide to Pesticides in Produce](#) 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)



SPICES & HERBS

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 food stores and gourmet groceries. You can buy other brands as well; just be sure to buy sea salt that isn't bright white. Pink, grey, brown and black are all good colors.

- ¼ tsp cayenne pepper
- 1 TB chili powder
- 1 tsp Chinese five-spice powder (optional)
- 2 to 2 ½ tsp cinnamon
- 2 tsp cumin
- 1 tsp curry powder
- ½ TB fish sauce
- 1-2 heads garlic (about 14 cloves)
- small piece ginger root (enough to make 1 TB diced)
- dash nutmeg
- 1 sprig fresh oregano (or 1 tsp dried)
- several tsp black pepper
- 2-3 tsp pumpkin pie spice
- red pepper flakes, to taste (optional)
- several tsp sea salt
- 5 TB wheat-free tamari sauce (or 2 TB tamari and 3 TB coconut aminos)
- 1-2 tsp Thai red curry paste
- 1 TB vanilla



BULK/DRY/CANNED GOODS

I love buying grains in bulk because I can buy the exact amount I need. Check your pantry before hitting the store.

- $\frac{3}{4}$ C almond butter
- $1\frac{1}{2}$ C almond meal or almond flour
- 1 tsp baking soda
- 1 (14-oz) can black beans
- 1 (14-oz) can garbanzo beans
- 1 (14-oz) can red kidney beans
- 2 (14-oz) cans white beans (white kidney, navy, cannellini)
- 18 C ($4\frac{1}{2}$ quarts) organic vegetable or chicken broth
- 2 TB chia seeds
- $\frac{1}{2}$ C unsweetened coconut flakes
- 1 (14-oz) can full-fat coconut milk
- approx. $2\frac{1}{2}$ TB coconut oil
- $\frac{1}{2}$ C dried currants, cranberries or raisins
- 1 TB flaxseed meal
- approx. $\frac{1}{4}$ C honey or maple syrup
- 1 TB jam, no sugar added (optional)
- 1 C lentils, French green, or brown
- $\frac{1}{2}$ C rolled oats
- approx. 8 TB olive oil
- a few kalamata olives
- $\frac{1}{2}$ C pureed pumpkin (canned is fine)
- 1 C quinoa
- 1-2 TB raw nuts (walnuts, almonds, cashews)
- $\frac{1}{2}$ C walnuts
- raw sauerkraut, to taste (optional)
- 2 tsp sesame oil
- a couple TB sunflower seeds (optional)
- 1 jar or can diced tomatoes
- 1 tsp apple cider or other vinegar
- $1\frac{1}{2}$ TB rice wine vinegar
- 1 TB white vinegar



REFRIGERATED/FROZEN

- 1½ - 2 lbs organic, boneless, skinless chicken breasts
- 1 C coconut or almond milk
- 5-7 organic eggs
- 2-3 TB hummus
- ¾ lb wild-caught salmon
- 1-2 sausage links (turkey or chicken)
- 1 bag frozen butternut squash
- 1 lb organic ground turkey or chicken
- a few turkey slices (optional)

For Bonus Recipes, Snacks, Sweet Treats (by recipe)

BONUS RECIPES

Southwestern Rice and Bean Bowls

- 2 C cooked brown rice
- 1 TB olive oil
- ¼ small yellow onion
- 2 garlic cloves
- ½ jalapeno (optional)
- 1 zucchini
- 1 tsp dried oregano
- 1 tsp cumin
- dash of cayenne pepper (optional)
- 1 (14-oz) can pinto beans
- 1-2 tsp raw apple cider vinegar or rice wine vinegar
- optional toppings: salsa, chopped cilantro, diced avocado, hot sauce, chopped green onion, or sliced radishes

Grains and Greens with Tahini Sauce

- 1 tsp coconut oil or olive oil
- 1 small sweet potato
- 1 C quinoa
- 2 C broth
- 1 bunch Swiss chard
- 3 TB tahini
- 2 garlic cloves
- 2 TB wheat-free tamari
- 1 tsp honey
- juice of a lemon
- sea salt



SNACKS

Kale Chips

- 1 head lacinato kale
- extra virgin olive oil
- sea salt, to taste
- optional seasonings: smoked paprika, cumin or curry

Miso Soup

- 2 cups water or chicken broth
- 1-2 TB miso paste
- ½ cup grated carrot, celery root, parsnip and/or turnip
- 1 TB dried wakame seaweed
- 1 green onion
- fresh ginger

Five Spice Squash

- 2 Delicata squash
- 1 TB coconut oil
- 1 TB Chinese Five Spice powder

Carrot and Beet Slaw

- 2 carrots
- 2 beets
- 1 lemon
- 1-2 TB olive oil
- salt and pepper

Spicy Chickpeas

- 2 (15-oz) cans chickpeas/garbanzo beans
- 2 TB olive oil
- 1 tsp smoked or regular paprika
- Pinch cayenne pepper
- 1 tsp sea salt



SWEET TREATS

Raw Chocolate Pudding

- 1 small or ½ large ripe avocado
- 1 very ripe banana
- ½ can coconut milk
- 2 TB raw cacao powder
- 1 TB raw honey

Lavender Pears

- 1 ripe pear
- coconut oil
- 1 tsp honey or maple syrup
- 1 tsp dried lavender flowers

Hot Chocolate Elixir

- 1 TB raw cacao powder
- ¼ tsp cinnamon
- dash cayenne pepper
- 2-4 oz full-fat coconut milk
- squeeze of honey (if needed)

Rooibos Tea

- Rooibos tea

Seed Porridge with Chopped Pear

- 2 TB unsweetened coconut flakes
- 1 TB raw pumpkin seeds
- 2 tsp chia seeds
- 1 TB freshly ground flax seeds
- ½ pear or apple
- 2-4 TB canned or refrigerated coconut milk

Coconut Baked Apples

- 1 apple
- coconut oil
- unsweetened coconut flakes
- ½ tsp cinnamon
- dash nutmeg



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