



# Spring 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 as they'll likely 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 <http://www.localharvest.org/> 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 [www.envirosax.com](http://www.envirosax.com). 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 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.

The shopping list as it is written here covers ingredients for all **the Suggested Recipes** in the grid on page 2 of your Recipe Book. You'll need to make adjustments to add or swap recipes, or to include the snacks and/or sweet treats.



## PRODUCE

- ½ apple, pear, banana (or ½ C organic berries)
- 2 bananas
- 10 oz arugula
- 2 bunches asparagus
- 2 avocados
- 2 red beets
- 3 baby bok choy or 1 bunch regular bok choy
- 1 large head broccoli
- ¼ head green cabbage
- 6 carrots
- 1 handful fresh cauliflower florets
- 4 stalks celery
- ¼ C chives (optional)
- 1 bunch cilantro
- 1 ½ cucumbers
- 1 fennel bulb
- 4 C greens (collards, arugula, spinach, kale, etc.)
- 1 bunch kale
- 2 leaves collard or beet greens
- 1 leek
- 1 onion
- 1 green onion
- 5 lemons
- 3-4 large leaves lettuce (any kind -- butter lettuce works especially well)
- ¼ C mint leaves
- 10 cremini mushrooms
- 12 shiitake mushrooms
- 1 ¼ C parsley
- 1 jalapeno pepper
- 1 C fresh strawberries (½ C can be other kinds of organic berries)
- 1 small sweet potato
- 1 head Swiss chard
- ½ C cherry or grape tomatoes
- 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).

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## 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 to add quality minerals to your meals this week. Pink, grey, brown and black salts are all good options.

- sprinkle cinnamon
- 1-2 tsp curry powder
- 1-2 heads garlic
- 4 tsp fresh ginger
- 3-4 tsp Dijon mustard
- sprinkle nutmeg
- 1-2 tsp paprika
- 2-3 TB black pepper (to taste)
- 1 tsp red pepper flakes
- 3-4 TB sea salt (to taste)
- 2 TB wheat-free tamari
- 1 TB fresh thyme or oregano

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## BULK SECTION/DRY OR CANNED GOODS

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

- 1 TB almond butter
- 1 (14-oz) can black-eyed peas
- 2 C broth
- 1 TB raw cacao powder
- approx. ½ C chia seeds
- 1 (14-oz) can chickpeas
- 3 TB unsweetened coconut flakes
- 1 (8-oz) can full-fat coconut milk
- 2-3 TB coconut oil
- 2 TB flax seeds
- 1 TB maple syrup
- 2 TB nut butter
- 1-2 TB raw nuts (walnuts, almonds, cashews, etc.)
- ½ C rolled oats
- 1 C olive oil
- 1 TB pumpkin seeds
- 1 C quinoa
- 2 TB rice wine vinegar
- additional rice wine vinegar or 1 TB umeboshi plum vinegar
- ½ C apple cider vinegar
- 2-3 TB white wine vinegar
- 2 tsp sesame oil
- 2 TB sesame seeds (optional)
- 3 TB sunflower seeds (optional)
- 2 TB sun-dried tomatoes
- 1 (6-oz) can wild-caught salmon



## REFRIGERATED/FROZEN

- 2-3 lbs boneless, skinless chicken breasts
- 1 egg
- 2 C nondairy milk (coconut, almond, hemp, etc.)
- 1½ lb wild-caught salmon fillets
- additional salmon fillets or 2 (6-oz) halibut or cod fillets
- ½ C frozen organic strawberries

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## 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 – PLEASE UPDATE THIS SECTION WITH YOUR OWN PREFERENCES**

- 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.

If you can't find quality brands at your local store, try ordering from Amazon.

#### 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, I urge you to take appropriate action by seeking medical attention.





## ALTERNATIVE RECIPES

### Quinoa Black Bean Salad

- ½ C cooked quinoa
- ½ C cooked black beans, drained and rinsed
- 2 C organic salad greens, washed and dried
- ½ red pepper, chopped
- ½ avocado, cut into bite size pieces
- ½ bunch cilantro, washed well and dried
- 4 TB olive oil
- Juice of a lime
- 1 TB rice wine vinegar
- 1 tsp honey or maple syrup (optional)
- ½ tsp sea salt

### Indian-style Coconut Curry

- 1 TB coconut oil
- 1 small yellow onion, peeled and chopped
- 1lb boneless, skinless free-range organic chicken breasts, cut into small chunks
- 1-inch piece fresh ginger, peeled and diced
- 4 garlic cloves, minced
- 1 TB ground turmeric
- 2 TB curry powder
- 2 C vegetable or chicken broth
- 1 (14-oz) can full-fat coconut milk
- 3 carrots, peeled and cut into ½-inch rounds
- 1 small head cauliflower, broken into florets and chopped into bite-sized pieces
- 1 C frozen peas

## Asian Cabbage Slaw with Almond Butter Dressing

- 1 C napa cabbage, shredded
- 1 C red cabbage, shredded
- 1 carrot, peeled and grated
- ½ red pepper, seeded and cut into thin strips
- 2 green onions, trimmed
- ¼ C chopped cilantro
- 1 TB chopped almonds
- 1 tsp hot chili flakes (optional)
- 1 TB almond butter
- 1 TB rice vinegar
- Juice from a lime
- ½ TB wheat-free tamari
- ½ TB olive oil
- 1 garlic clove
- 1 tsp honey or maple syrup (optional)
- ½ tsp sea salt



## SALAD DRESSINGS

### French Vinaigrette

- 4-6 cloves garlic, chopped
- 1 TB Dijon mustard
- 1 large handful parsley, washed, dried and roughly chopped
- $\frac{2}{3}$  C rice wine vinegar
- $\frac{1}{3}$  C extra virgin olive oil
- Salt and pepper to taste

### Apple Curry Dressing

- $\frac{1}{2}$  apple, seeded and diced
- 1  $\frac{1}{2}$  TB raw apple cider vinegar
- 2 tsp honey
- 2 small cloves garlic
- 1 tsp curry or turmeric powder
- $\frac{1}{4}$  C olive oil

### Avocado Dressing

- 1 ripe avocado, pitted and cut into chunks
- 1 clove garlic
- $\frac{1}{2}$  TB fresh lemon juice
- 3 TB olive oil
- $\frac{1}{2}$  tsp sea salt
- Dash cayenne pepper (optional, but it gives this dressing a fun kick)
- 1-2 TB water

### Cilantro Lime Dressing

- $\frac{1}{2}$  bunch cilantro, washed well and dried
- 4 TB olive oil
- Juice of a lime
- 1 TB rice wine vinegar
- 1 tsp honey or maple syrup (optional)
- $\frac{1}{2}$  tsp sea salt



## SNACKS

### Kale Chips

- 1 bunch lacinato or red Russian kale, rinsed and dried
- Olive oil
- Sea salt

### Spicy Chickpeas

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

### Spinach Hummus

- ¼ C tahini
- Juice of a lemon
- 1 C loosely packed fresh organic baby spinach
- 2 garlic cloves, minced
- 2 TB olive oil
- 1 (15-oz) can chickpeas/garbanzo beans, rinsed and drained
- 1 tsp sea salt



## SWEET TREATS

### Hot Chocolate Elixir

- 1 TB raw cacao powder
- pinch sea salt
- ¼ tsp cinnamon
- dash cayenne pepper
- touch of honey (optional)
- touch of coconut milk (optional)

### Raw Chocolate Pudding

- 1 ripe avocado (1 small or ½ large)
- 1 ripe banana
- 8 oz full-fat canned coconut milk
- 2 TB raw cacao powder
- 1 TB raw honey

### Raspberry Mousse

- 2 C frozen raspberries
- 1 C raw cashews
- ½ C full-fat canned coconut milk
- 2 TB lemon juice
- 1 TB raw honey

### Rooibos Tea

Available in most grocery stores and major coffee chains