



- 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 great pricing.
- 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. You will need to make some adjustments if you are going to be adding or swapping recipes, or including the snacks and/or sweet treats and alternative recipes.



- 2 C baby lettuce or baby kale mix
- 2 C fresh spinach or baby kale
- 6 C salad greens
- 2 heads of lettuce, any variety except iceberg
- 2 avocados
- 1 small red onion
- 1 small sweet onion
- 1 medium yellow onion
- 1 shallot
- 1 head garlic
- 1 bunch green onions
- 5 bell peppers, red or yellow
- 2 pint containers of cherry tomatoes
- 2 cucumbers
- 4 zucchini or summer squash
- 4 tomatoes
- 1 eggplant
- 6 shiitake mushrooms
- 6 cremini mushrooms
- 2 carrots
- 3 bunches baby bok choy
- 1 lemon
- 2 limes
- ½ C mixed summer berries, frozen or fresh
- ½ C blackberries
- 1 banana
- 1 small mango
- 1/4 cantaloupe
- 1 large bunch basil
- 1 large bunch cilantro
- 1 bunch parsley
- Small bunch fresh dill or 2 TB dried
- A few sprigs fresh thyme, or 4 tsp dried
- A few sprigs fresh oregano, or 1 tps dried
- Small thumb ginger (optional)
- Don't forget to purchase 3 lemons for your morning hot lemon water.



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.

- ½ tsp paprika
- 1 tsp smoked paprika
- 1 ½ tsp cumin
- 1/4 tsp cayenne pepper (optional)
- Sea salt

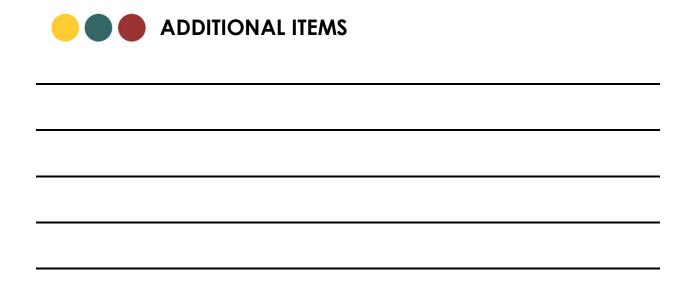


Check your fridge and freezer before hitting the store.

- 6 organic, free-range, and or pastured eggs
- 5 boneless, skinless organic chicken breasts
- 2 TB hummus
- 1 container salsa
- 1 C frozen pineapple
- 2 TB raw sauerkraut (optional)

Check your pantry before hitting the store.

- 4 tsp Dijon mustard
- 1 (6-oz) can wild salmon, or 6-oz cooked wild salmon
- 1 (14-oz) can chickpeas/garbanzo beans
- 1 (14-oz) can black or pinto beans
- 3 TB wheat-free tamari (gluten-free soy sauce)
- ½ C red wine vinegar
- 6 TB rice wine vinegar
- ½ TB capers
- 1 C Kalamata olives
- 6 Pepperoncini peppers (optional)
- 1 ½ TB real maple syrup
- 2 C coconut or almond milk
- 1 C coconut milk
- 5 TB raw sunflower seeds
- 7 TB chia seeds
- 1 TB unsweetened shredded coconut
- ½ C rolled oats
- 1/4 C dry quinoa, plus more if you want to serve alongside meals
- 1 ½ C dry brown rice
- Olive or avocado oil





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.