



# Fall 5-Day Detox

For Beginners

Blank  
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.

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



- 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

## **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.

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## **BULK SECTION**

I love buying grains in bulk because I can buy the exact amount I need.

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## DRY GOODS

Check your pantry before hitting the store

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## REFRIGERATED & FROZEN

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