



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. 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. These bags are sturdy and fold up into a small ball so they can easily fit in your purse.
- 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 "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.

Ingredients for 5-Day Detox

Suggested Recipes



PRODUCE

- 5 oz arugula
 - 1 avocado
 - 2 bananas
 - 1 large bunch beets
 - 2 large Bok choy
 - 1 lb broccoli
 - 3 medium Brussels sprouts
 - 1 green chili
 - cilantro (optional)
 - 1-2 bunches collard greens
 - 3-4 bunches kale
 - ½ C snap peas
 - 2 lemons
 - 1 stalk lemongrass (or several drops lemongrass essential oil)
 - 1 lb mushrooms
 - 4 oz shiitake mushrooms
 - 5 onions
 - 1 bunch green onions
 - 2 oranges
 - 2 pears
 - 2-3 C salad greens of choice
 - 1 shallot
 - 2 bunches spinach
 - 1 handful baby spring mix
 - 1 small to medium spaghetti squash
 - 2 C sweet potatoes
 - 1 C cherry tomatoes
 - 1 bunch turnips
 - 2 lbs winter squash (acorn, butternut, red kuri, delicata)
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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 additional 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.

- 3 C fresh basil leaves
- ½ tsp chili powder
- 2½ tsp cinnamon
- 1 tsp coriander
- 1 tsp cumin
- 1 TB curry powder
- 2 tsp Dijon mustard
- ⅓ C fresh dill (or 3 tsp dried)
- 1 fennel bulb
- 2-3 heads garlic
- 1 ginger root, approx. 7 inches long
- 1 TB mirin
- 1 tsp orange zest
- 1 small bunch parsley, thyme or fresh herbs of choice
- several tsp black pepper
- several TB sea salt
- ¼ tsp dried thyme
- 2 tsp fresh thyme



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.

- ½ C almond butter
- 1 C almond meal
- ½ C sliced almonds
- 4 anchovies (optional)
- 3 TB apple cider vinegar
- 2 TB Arame seaweed
- 1 12-oz jar artichoke hearts
- 1½ tsp baking powder
- approx. 12 C broth
- ½ C cashews
- 1 TB coconut oil
- ½ C dates
- 1½ TB honey
- 6 TB lemon juice (but fresh-squeezed is best)
- 1½ C French or green lentils
- 1½ C green lentils
- 1 C puffed millet
- 2 TB mirin (unless on Candida diet)
- 2½ C rolled oats
- approx. 4 C extra virgin olive oil
- 30 kalamata olives
- parchment paper
- parmesan cheese (optional)
- ¼ C pine nuts
- 2 C quinoa (can substitute rice)
- 1 C basmati rice
- 4-6 C brown rice
- 5 TB sesame oil
- 5 TB tamari
- 1 tsp vanilla
- 2 TB champagne vinegar
- ½ C walnuts



REFRIGERATED/FROZEN

- 1 whole chicken
- approx. 4-5 chicken breasts
- 2½ lbs boneless, skinless chicken thighs
- 4 C coconut milk (refrigerated, or can use 1 can for half this amount)
- 9 large eggs
- ¼ C fresh orange juice
- 1 lb salmon (smoked or pan-seared)
- 1 lb white fish (cod halibut, fluke)



FOR ALTERNATE RECIPES (by recipe)

Red, White and Quinoa Salad

- 1 C quinoa
- 1 C water
- 1 C broth
- 3 TB olive oil
- ½ C minced onion
- 2 C cauliflower
- 1 C beets
- ½ tsp salt
- 1 TB lemon juice
- ½ TB Dijon mustard
- 1 clove garlic
- 1 tsp honey, optional
- Pinch of pepper to taste
- 1 C greens, such as beet greens, spinach, or kale
- ½ C sunflower seeds

Coconut Crusted Salmon with Lemon Chard

- 2 TB coconut oil
- 1 tsp sea salt
- fresh pepper, to taste
- ⅛ tsp paprika
- ½ C unsweetened coconut flakes
- 1 ½ lbs wild salmon fillet
- 2 TB olive oil
- 1 lemon
- 2 garlic cloves
- 2 bunches Swiss chard leaves

Herb Frittata

- 1 TB olive oil
- 1 clove garlic
- 1 small bunch spinach or arugula
- 1 small bunch parsley
- 1 handful of a variety of fresh herbs: basil, dill, thyme, oregano, etc.
- 3 eggs
- ¼ C walnuts or almonds, optional

Baked Falafel with Tahini

- 1 large carrot
- 1 can garbanzo beans (chick peas)
- 1 C sunflower seeds
- 1 garlic clove
- 1 TB cilantro
- 2 TB parsley
- ¾ C tahini
- 1 tsp sea salt
- ⅛ C onion
- ¼ C lemon juice
- ¼ C olive oil
- 1½ tsp cumin
- 1½ tsp curry
- 1 avocado
- 5 C mixed baby greens
- Juice of ½ lemon (or more, to taste)



FOR SNACKS (by recipe)

Beet Hummus

- 1 lb beets
- 1 clove garlic
- 1 tsp salt
- ½ lemon
- 2 TB extra virgin olive oil
- ¼ C tahini
- 1 tsp cumin, ground
- 1 pinch black pepper

Brazil Nut Power Balls

- 1 C raw Brazil nuts
- ½ C walnuts
- 1 C dried black mission figs
- 1 C dried apricots
- ½ tsp salt
- 2 tsp honey
- 1 TB coconut oil
- ½ tsp cinnamon
- 1 C shredded coconut, unsweetened



FOR SWEET TREATS (by recipe)

Granola Drops

- ½ C banana
- ¼ C coconut oil
- ¼ C honey
- ¼ C sunflower butter or your favorite nut/seed butter
- 1½ C granola, homemade or low sugar variety
- ½ C coconut, shredded
- ½ C brown rice puffs
- ¾ C flax meal, ground

Cacao Almond Truffles

- 1½ C almonds
- ¾ C cocoa
- ½ C cacao nibs (or substitute more cocoa powder)
- 2½ C pitted dates
- 1 tsp almond extract
- ½ tsp salt

Cocoa Dusted Almonds

- 1 egg white
- 2 C raw, whole almonds
- 2 TB cocoa
- 1 TB date sugar, optional for a sweeter choice, but not required
- 1 tsp salt
- 1 pinch cayenne or smoked paprika

FOR BEVERAGES (by recipe)

Red Velvet Smoothie

- 1 beet, including the attached stems and greens
- 2 bananas
- $\frac{3}{4}$ C almond or coconut milk
- 2 TB cocoa
- 1 TB honey, optional, to taste

Golden Milk (Ginger Turmeric Latte)

- $\frac{1}{2}$ tsp ground ginger
- $\frac{1}{2}$ tsp ground turmeric
- $\frac{1}{4}$ tsp ground cinnamon
- $\frac{1}{4}$ C canned coconut milk
- $\frac{1}{4}$ - $\frac{1}{2}$ tsp raw honey, to taste
- 1-3 tsp coconut oil
- 2 tsp or 1 bag of roasted dandelion tea



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