

21 Day Cleanse Shopping List

Produce

6 onions
2 heads of garlic
1 bunch of celery
1 bag of baby carrots
2 fennel bulbs
1 bunch each fresh thyme & rosemary, parsley & cilantro
1 celery root bulb (celeriac)
2 bunches of carrots or 5 lb bag
3-4 sweet potatoes, preferably white
3 bunches of beets
2 large knobs of ginger
6-7 lemons
1-2 avocados
2 bunches of leafy salad greens
1 bunch of baby bok choy
3-4 small zucchinis
small bag of apples, 3-5 lbs
2-3 bunches of kale
1 bunch of red grapes
4 small shallots
2 bags of spinach
1 package frozen mango
2 small heads of broccoli
1 pomegranate
2 large butternut squashes
1 package fresh or frozen cranberries
3-4 large pears

Spices

Cumin
Cinnamon
Allspice
Ginger
Cayenne Pepper
Vanilla
Nutmeg
Sesame Seeds
Coriander
Turmeric
Thyme
Cardamon
Cloves
Rosemary
Oregano

Pantry Dried Goods

1 package Green lentils
Cooking oils including ghee or coconut oil & olive oil
2 boxes veggie stock & 3 boxes chicken stock
3 cans of chickpeas
1 jar of tahini
1 package of quinoa
1 jar kalamata olives
various nuts & seeds for recipes & to snack on including almonds, cashews, pepitas, walnuts & pecans
1 jar of almond butter
Coconut nectar or liquid stevia
1 jar of red curry paste (I like Thai Kitchen)
1 package of pitted Medjool dates
1 package unsweetened shredded coconut
1 package almond meal or flour
1 bottle of fish sauce (I like Red Boat)
Wheat-free Tamari
Coconut Aminos
Sesame oil
2 cans of pumpkin puree
1 small package of arrowroot flour (also called powder)
Kale chips and or seaweed for snacking (read ingredients, make sure no sugar added)

Poultry & Seafood

2 whole chickens
3 lbs bone-in skin on chicken parts (breasts/thighs)
1 lb ground chicken
2 boneless skinless chicken breasts
4 bone-in skin-on chicken breasts
4 3 ounce salmon fillets

Drinks

1 package of Rooibos Chai Decaf (Peet's makes a nice one)
2-3 boxes of almond milk
4 cans full fat coconut milk
Raw coconut water to drink and add to smoothies (I like Harmless Harvest)