

21 Day Cleanse Shopping List Week 2

Produce

5 yellow onions, 1 red onion
2-3 heads of garlic
1 bunch of celery
1 bunch fresh thyme, parsley, mint, dill & basil, 2 bunches of cilantro
2 heads of cauliflower & 1 head of broccoli
2-4 portobello mushrooms
2 lbs carrots + 3-4 for snacks
4 English cucumbers
4-5 small sweet potatoes
1 butternut squash or 1 package precut cubes
2 large knobs of ginger & turmeric
8-10 lemons and 2 limes
1 avocado + more if making your own guacamole
1 bag baby spinach plus a bunch of fave leafy salad greens
5 bunches of lacinato kale
1 bunch of dandelion leaves
3-4 apples & Asian pears each for snacks & smoothies
1 pomegranate
1 package each frozen mango, pineapple & blueberries
1 small serrano chile
1-2 each root veggies of choice (celery root, turnips, beets, parsnip - for root veggie salad)
Additional fave veggies to serve as steamed side dishes & snacks

Spices

Cumin
Cinnamon stick
Garlic powder
Sesame Seeds
Coriander
Bay leaves
Cloves
Oregano
Red pepper flakes
Fenugreek

Pantry Dried Goods

1 package Farro or other favorite hearty grain
Cooking oils including ghee or coconut oil, & olive oil
2 box each veggie & chicken stock
3 cans of chickpeas
1 can of black beans
1 jar of tahini
1 jar kalamata olives (I like Dave's Naturals)
various nuts & seeds for recipes & to snack on including sliced almonds, cashews (1 lb), pepitas, hazelnuts
1 jar of almond butter & sunflower butter
Coconut nectar or liquid stevia
1 package of pitted Medjool dates
1 package unsweetened shredded coconut
Coconut Aminos
Sesame oil
1 package hemp seeds
Dijon mustard
Red wine vinegar & balsamic vinegar
Brown rice (frozen packages are great for saving time!)
1 package of golden raisins no added sugar
1 small package goji berries

Poultry & Seafood

1 whole chicken
2 lbs ground turkey
3 lbs boneless skinless chicken breasts for recipes & extra for salad toppings
1 quality rotisserie chicken or 2 cooked bone-in chicken breasts
4-6 boneless skinless chicken thighs
1 1/2 lb halibut or other white fish like cod or snapper

Drinks & Snacks

1 box of almond milk
2 cans full fat coconut milk
Raw coconut water to drink and add to smoothies (I like Harmless Harvest)
Quality hummus no added sugar or Paleo type almond dip
Rice cakes no added sugar
Tarro brand veggie chips, plantain chips (I like Inka or Trader Joe's brand)