

21 Day Cleanse Shopping List Week 3

Produce

5 yellow onions, 2 red onions
2-3 heads of garlic
1 bunch of celery
1 bunch fresh parsley, mint, basil, and cilantro
1 heads of cauliflower
3 cups baby portobello mushrooms or mushroom of choice
1 bunch carrots + 3-4 for snacks
3 English cucumbers
2 lbs sweet potatoes, 1 lb white sweet potato
1 large knob of ginger
3-4 each lemons & limes
3 large avocados
1 large bag baby spinach plus a bunch of fave leafy salad greens
2 bunches of lacinato kale
1 spaghetti squash
3-4 apples & pears each for snacks & smoothies
1 bunch beets, 1 small turnip or parsnip
1 package each frozen mango, cherries pineapple & blueberries
1 small jalapeno chilis
4 zucchinis
1/2 lb baby bok choy
2.5 lbs brussel sprouts
Additional fave veggies to serve as steamed side dishes & snacks

Spices

Cayenne pepper
Curry powder
Ground turmeric
Ground ginger
Chili powder
Cinnamon
Sesame seeds
Cumin seeds
Mustard seeds
Oregano
Red pepper flakes

Pantry Dried Goods

Cooking oils including ghee or coconut oil, & olive oil
1 box each veggie & chicken stock
2 cans of chickpeas
2 cans white beans like cannellini or great northern
Nuts & seeds - cashews, walnuts, almonds, chia & pumpkin
Quinoa & Brown Rice
Raw Cacao Powder
Dates
Almond Butter
Salsa verde
1 can plain & 1 jar marinated artichoke hearts
Brown rice tortillas 1 package
Coconut aminos
Dijon mustard
Kalamata olives & capers
Canned salmon

Poultry & Seafood

2 lbs boneless skinless chicken breasts
2 lbs ground turkey
1 lb ground chicken
1.5 lb chicken pieces skin-on, bone-in
1 lb tilapia filets

Drinks & Snacks

1 box of almond milk
1 can 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
Dairy free pesto, or make your own
Rice cakes no added sugar
Taro brand veggie chips and/or plantain chips (I like Inka or Trader Joe's brand) or grain-free crackers like Jilz
Dairy free rice cheese like Daiya