

Grocery List

Grocery list is calculated for one person doing the cleanse. Modify the amounts if you're doing the cleanse with others!

FRESH PRODUCE

- avocado: 1
- baby bella mushrooms: 1 cup
- bananas: 4
- basil leaves: 4
- beets: 1
- broccoli florets: 2 ½ cups
- brussels sprouts: ½ cup
- butternut squash, cubed: 1 cup
- carrots: 3
- cauliflower florets: 2 cups
- celery stalks: 2
- clementines: 9
- cucumber: 1
- fennel bulb: 1
- fresh cilantro: 1 tbsp
- fresh parsley: ⅓ cup
- fresh rosemary: ⅓ cup
- garlic cloves: 9
- ginger root: 8 inches (½ cup)
- green apples: 5
- jalapeño pepper: 1
- kale: 7 ½ cups
- lemons: 12
- limes: 3
- mango: 1
- pears: 5
- pomegranate arils: 1 cup
- riced cauliflower: 2 cups
- spaghetti squash: 1
- spinach: 6 cups
- sweet potatoes: 2
- yellow onions: 3

DRIED GOODS

- almonds, raw: ¾ cup
- almonds, sliced: ⅓ cup
- chamomile lavender tea bag: 7
- cashews, raw: 1 ¼ cups*
- chia seeds: 1 cup
- coconut flakes: ⅓ cup
- flaxseeds: 2 tbsp
- hemp hearts: ½ cup
- Medjool dates: 2
- nutritional yeast: 3 tbsp
- pecans, raw: 1 ¼ cups
- pepitas, raw: ½ cup
- sunflower seeds, raw: ½ cup
- walnuts, raw: ½ cup

CANNED & JARRED GOODS

- almond butter: ½ cup
- coconut milk: 1 ¼ cups
- Kalamata olives: 2 tbsp
- marinated artichoke hearts: ¼ cup
- pumpkin puree: ⅔ cup
- red curry paste: 1 ½ tsp
- sun-dried tomatoes in oil: 2 tbsp
- tomato paste: 1 tbsp

FROZEN FOODS

- blueberries: 2 cups
- carrots, sliced: 1 cup
- mango: 2 cups
- peaches: 2 cups
- pineapple: 1 ½ cups
- sweet cherries: 2 cups

REFRIGERATED GOODS

- almond milk, unsweetened: 13 cups
- pomegranate juice: 1 cup

PANTRY ITEMS

- coconut water: 2 cups
- vegetable stock: 1 ⅓ cups

CONDIMENTS & OILS

- apple cider vinegar: ½ cup
- coconut oil: ⅓ cup
- Dijon mustard: 2 tsp
- honey: ¾ cup
- maple syrup: ⅓ cup
- olive oil: ⅓ cup
- tamari: ½ tsp

SEASONING + BAKING

- almond flour: 2 tbsp
- black pepper, ground
- cayenne pepper
- chili powder
- cinnamon, ground
- crushed red pepper
- cumin, ground
- garlic powder
- ginger, ground
- nutmeg, ground
- sea salt
- smoked paprika
- turmeric, ground
- vanilla extract

**If making our suggested batch of [Cashew Cream](#) (p. 12), you'll need 2 ¼ cups of cashews.*