

Grocery List

FRESH PRODUCE

- avocado: 3
- banana: 4
- blueberries: $\frac{3}{4}$ cup
- broccoli florets: 1 cup
- carrots: 5
- cauliflower florets: 2 cups
- celery stalks: 3
- cherry tomatoes: 8
- cilantro: $\frac{1}{4}$ cup
- cucumber: 1
- garlic clove: 11
- ginger root: $\frac{1}{2}$ cup
- green apple: 1
- green beans: 4 cups
- green onion: $\frac{1}{4}$ cup
- kale: 3 cups
- lemon: 5
- mint leaves: 8
- orange: 2
- parsley: 1 $\frac{1}{4}$ cup
- pear: 2
- red bell pepper: 1
- snow peas: $\frac{1}{2}$ cup
- spinach: 12 cups (14.5 oz)
- strawberries: 2 cups
- sweet potatoes: 3
- yellow onion: 4
- zucchini: 5

FROZEN FOODS

- blueberries: 1 cup
- mango: 1 cup
- pineapple: 2 cups
- strawberries: 1 cup

REFRIGERATED GOODS

- almond milk, unsweetened: 9 cups (72 oz)

DRIED GOODS

- almond flour: 1 cup
- almonds, raw: $\frac{1}{4}$ cup
- blueberries, dried: $\frac{1}{2}$ cup
- cashews, raw: $\frac{1}{2}$ cup*
- chia seeds: $\frac{3}{4}$ cup
- coconut flakes: 1 cup
- hemp hearts: $\frac{1}{4}$ cup
- pepitas, raw: 1 cup
- quinoa: 1 $\frac{1}{2}$ cups
- red lentils: $\frac{3}{4}$ cup
- rolled oats, gluten-free: 1 cup
- sliced almonds: 1 $\frac{1}{2}$ cups
- sunflower seeds, raw: 1 $\frac{1}{4}$ cups

CANNED GOODS

- chickpeas: 2 cans
- coconut milk: 1 can
- kidney beans: 1 can
- tomatoes, diced: 1 can

CONDIMENTS + OILS

- apple cider vinegar
- coconut oil
- maple syrup
- olive oil
- sesame oil
- tahini
- tamari

PANTRY ITEMS

- almond butter
- coconut water, unsweetened: 5 cups
- vegetable stock: 4 $\frac{1}{2}$ cups (36 oz)

SEASONING + BAKING

- black pepper, ground
- cayenne pepper
- chili powder, ground
- cinnamon, ground
- crushed red pepper
- cumin, ground
- garlic powder
- ginger, ground
- nutritional yeast
- sea salt
- smoked paprika
- turmeric, ground
- vanilla extract

*If prepping Cashew Cream for the entire cleanse (p. 18), please buy 2 cups of cashews this week.