

# Grocery List

Hit the grocery store two days before you plan to start the cleanse. This gives you time to find all ingredients and allows pears and avocados time to ripen. If possible, buy organic to help your body cleanse best.

---

## FRESH PRODUCE

- Avocado: 5
- Baby Bella Mushrooms: ¼ cup
- Banana: 4
- Basil: 1 bunch
- Broccoli Florets: 3 ½ cups
- Carrot: 4
- Celery: 2 stalks
- Cilantro: 1 bunch
- Cucumber: 3
- Garlic: 1 head
- Ginger Root: 4 inches
- Green Apple: 7
- Green Onion: 1 bunch
- Kale: 4 ½ cups
- Lemon: 12
- Lime: 3
- Mint: 1 bunch
- Orange: 3
- Pear: 1
- Red Bell Pepper: 2
- Riced Cauliflower: 1 ½ cups
- Serrano Pepper: 1
- Spinach: 14 cups (16 oz)
- Strawberries: 2 cups
- Sweet Potato: 1
- Tomato: 3

- Watermelon: 4 cups

- Yellow Onion: 1

- Zucchini: 2

## FROZEN FOODS

- Blueberries: 2 cups
- Cherries: 2 cups
- Mango: 1 ½ cups
- Peaches: 3 cups
- Pineapple: 1 ¾ cups
- Raspberries: 2 cups
- Strawberries: 2 ½ cups

## REFRIGERATED GOODS

- Almond Milk, unsweetened: 7 cups

## PANTRY ITEMS

- Almond Butter: 1 jar
- Coconut Milk: 3 cans (46oz)
- Coconut Water, unsweetened: 6 cups

## DRIED GOODS

- Almonds, raw: ¾ cup
- Cashews, raw: ¾ cup
- Chia Seeds: ¼ cup
- Hemp Hearts: 2 tablespoons
- Sliced Almonds: 1 ½ cups

## CONDIMENTS & OILS

- Apple Cider Vinegar: 1 bottle
- Balsamic Vinegar: 1 bottle

- Coconut Oil: 1 jar

- Honey: 1 jar

- Maple Syrup: 1 bottle

- Olive Oil: 1 bottle

- Red Curry Paste: 1 jar

- Rice Vinegar: 1 bottle

- Sesame Oil: 1 bottle

- Tamari: 1 bottle

## SEASONING + BAKING

- Black Pepper, ground
- Cayenne Pepper
- Cinnamon, ground
- Crushed Red Pepper
- Sea Salt
- Sesame Seeds
- Turmeric, ground
- Vanilla Extract

---

Grocery list is calculated for one person doing the cleanse. You'll need to modify the amounts if doing this with loved ones.



# SHOPPING GUIDE

Hit the grocery store two days before you plan to start the cleanse. This gives you time to find all ingredients and allows pears and avocados time to ripen. If possible, buy organic to help your body cleanse best.

## ALMOND MILK

Almond milk is usually in the refrigerated milk section. Look for one that's unflavored and unsweetened.

## CHIA SEEDS/HEMP HEARTS

These superfoods are often found in the supplement section or baking aisle.

## COCONUT MILK

Coconut milk is found in the canned goods section. Full-fat is preferred, yet light can also be used.

## COCONUT WATER

You will find this in the bottled water section. Look for one that's unflavored and unsweetened.

## FROZEN FRUIT

Frozen fruit is best for smoothies. If you can't find a certain fruit frozen, get it fresh and freeze it yourself.

## HONEY

Choose raw honey, if possible. Honey can be replaced with maple syrup at a 1:1 ratio in all recipes.

## MAPLE SYRUP

Look for pure maple syrup. The only ingredient should be "maple syrup."

## RAW NUTS

Raw nuts haven't been roasted or seasoned, making them more nutrient dense. Unable to find? Choose the least altered option.

## RED CURRY PASTE

Red curry paste can be swapped for green or yellow, depending on your preference.

## RICED CAULIFLOWER

Unable to find in the refrigerated produce section? Buy a head of cauliflower and chop in a food processor.

## SPICY PEPPERS

Don't like spice? Swap the serrano peppers for a poblano pepper, or avoid completely.

## TAMARI

Tamari is a gluten-free soy sauce with a lovely flavor. You'll find it next to soy sauce.