

The Detox Shopping List

VEGETABLES

- Arugula
- Broccoflower
- Broccoli
- sprouts

- Brussels sprouts
- Cabbage
- Cauliflower
- Horseradish

- Kohlrabi
- Radishes

Detoxifying

Leafy Greens:

- Beet
- Bok choy
- Chard/Swiss chard
- Chervil
- Cilantro
- Collard
- Endive
- Escarole
- Dandelion,
- Kale,
- Mustard greens
- Microgreens
- Parsley
- Radicchio

Thiols:

- Chives
- Daikon radishes
- Garlic
- Leeks
- Onion
- Scallions
- Shallots

Fermented Vegetables:

- Beet kavaas
- Non-Dairy Kefir
- Kimchi
- Kombucha
- Sauerkraut

Liver & Kidney Support:

- Artichokes
- Asparagus
- Beets
- Burdock
- Carrot
- Celeriac root
- Celery
- Dandelion leaf (kidney)
- Dandelion root (liver)
- Sprouts



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Other Non-Starchy Vegetables:

- Bamboo shoots
- Bean sprouts
- Cucumbers
- Eggplant
- Fennel
- Green beans
- Jicama
- Lettuce
- Mushrooms
- Okra
- Peppers
- Sea vegetables
- Snap peas/snow peas
- Spinach

Starchy Vegetables:

- Acorn squash (cubed)
- Butternut squash (cubed)
- Plantain
- Potato: Purple, red, sweet, yellow
- Root vegetables: Parsnip, rutabaga

Non-Starchy Squash:

- Delicata
- Pumpkin
- Spaghetti
- Yellow
- Zucchini

FRUITS

Unsweetened, no sugar added

- | | | |
|--|-------------------------------------|--|
| <input type="checkbox"/> Apple | <input type="checkbox"/> Grapefruit | <input type="checkbox"/> Pineapple |
| <input type="checkbox"/> Applesauce | <input type="checkbox"/> Kiwi | <input type="checkbox"/> Plums |
| <input type="checkbox"/> Apricots | <input type="checkbox"/> Mandarins | <input type="checkbox"/> Pomegranate seeds |
| <input type="checkbox"/> Banana, med | <input type="checkbox"/> Mango | <input type="checkbox"/> Prunes |
| <input type="checkbox"/> Blackberries | <input type="checkbox"/> Melon | <input type="checkbox"/> Raisins |
| <input type="checkbox"/> Blueberries | <input type="checkbox"/> Nectarine | <input type="checkbox"/> Raspberries |
| <input type="checkbox"/> Cherries | <input type="checkbox"/> Orange | <input type="checkbox"/> Rhubarb |
| <input type="checkbox"/> Dried fruit (no sulfites) | <input type="checkbox"/> Papaya | <input type="checkbox"/> Strawberries |
| <input type="checkbox"/> Figs | <input type="checkbox"/> Peach | <input type="checkbox"/> Tangerines |
| <input type="checkbox"/> Grapes: Purple, green | <input type="checkbox"/> Pear | |



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PROTEINS

- Average protein serving is 3–4 oz (size of palm of hand)
- Lean, free-range, grass-fed, organically grown animal protein; non-GMO, organic plant protein; and wild-caught, low-mercury fish.
- Avoid canned meats.

Animal Proteins:

- Eggs
- Fish: Anchovy, halibut, herring, mackerel, rainbow trout, sable fish, salmon, sardines, tuna (albacore, blue fin), etc.
- Meat: Beef, buffalo, elk, lamb, venison, other wild game
- Poultry: Chicken, Cornish hen, duck, pheasant, turkey



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FATS & OILS

Minimally refined, cold-pressed, organic, non-GMO

- Avocado
- Coconut milk, regular (canned) Coconut milk, light (canned)
- Ghee/clarified butter
- Cooking oil: Avocado, clarified butter, coconut, olive (extra virgin), sesame
- Salad oils: Almond, avocado, hemp seed, olive (extra virgin), pumpkin seed, sesame, walnut
- Olives: Black, green, kalamata

NUTS & SEEDS

Unsweetened, unsalted organic

- | | | |
|---|---|---|
| <input type="checkbox"/> Almonds | <input type="checkbox"/> Hazelnuts | <input type="checkbox"/> Pistachios |
| <input type="checkbox"/> Brazil nuts | <input type="checkbox"/> Hemp seeds | <input type="checkbox"/> Pumpkin seeds |
| <input type="checkbox"/> Cashews | <input type="checkbox"/> Macadamias | <input type="checkbox"/> Sunflower seed |
| <input type="checkbox"/> Chia seeds | <input type="checkbox"/> Nut and seed butters | <input type="checkbox"/> Sesame seeds |
| <input type="checkbox"/> Coconut (dried) | <input type="checkbox"/> Pecan halves | <input type="checkbox"/> Walnut halves |
| <input type="checkbox"/> Flaxseed, ground | <input type="checkbox"/> Pine nuts | |

GLUTEN-FREE GRAINS

- | | | |
|--|---|--|
| <input type="checkbox"/> Unsweetened, sprouted, organic Amaranth | <input type="checkbox"/> Crackers (nut, seed, rice) | <input type="checkbox"/> Quinoa |
| <input type="checkbox"/> Brown rice cakes | <input type="checkbox"/> Millet | <input type="checkbox"/> Rice: Basmati, black, brown, purple, red, jasmine |
| <input type="checkbox"/> Buckwheat/ kasha | <input type="checkbox"/> Oats: Rolled or steel-cut | |



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BEVERAGES

- Filtered water (with lemon or lime juice)
- Sparkling/mineral water
- Fresh juiced fruits/vegetables
- Coffee
- Kombucha (no added sweeteners)
- Tea: Black, dandelion, green, herbal
- Matcha
- Mushroom Teas

HERBS & SPICES

- Cinnamon
- Cardamon
- Turmeric
- Oregano
- Cayenne Pepper
- Celtic Sea Salt
- Rosemary
- Fennel
- Sage
- Mint