

Clear the Toxins

Shopping List: (Buy Organic!)

Vegetables

- ✓ Mushrooms
- ✓ Zucchini
- ✓ Asparagus
- ✓ Red Onions
- ✓ Shallots
- ✓ Cauliflower
- ✓ Yams
- ✓ Mixed Greens
- ✓ Kale
- ✓ Celery
- ✓ Bok choy
- ✓ Radishes
- ✓ Parsley
- ✓ Beets

Fruit

- ✓ Apples
- ✓ Lemons
- ✓ Kiwi
- ✓ Peaches
- ✓ Plums
- ✓ Berries
- ✓ Frozen Fruits, non
sugar added, organic
- ✓ Almond Milk
- ✓ Coconut Milk
- ✓ Coconut Water

Spices

- ✓ Cumin
- ✓ Ginger (fresh)
- ✓ Garlic (fresh)
- ✓ Sea Salt
- ✓ Pepper
- ✓ Basil
- ✓ Parsley
- ✓ Fennel
- ✓ Dill

- ✓ Quinoa (pronounced keenwa) (usually in the Organic food section)
This is the only grain allowed during your Detox, Day 1-5. Stock up!

- ✓ Brown Rice, allowed Day 6-10
- ✓ Extra Virgin Olive Oil
- ✓ Truffle Oil
- ✓ White Wine Vinegar
- ✓ Balsamic Vinegar
- ✓ Brianna's Home-style Real French Vinaigrette or sugar free vinegar based dressing

