

SHOPPING LIST

Cleanse Solution (2 day quantity)

- 8-10 lemons
- 1L dark, preferably organic, real maple syrup (*not* table syrup)
- 1-2Tbsps cayenne pepper (can be purchased in bulk section)

Detox Foods

- almond, sunflower, pumpkinseed butter
- organic brown rice cakes (by Lundberg or Koyo)
- quinoa (bulk section of heath food store)
- brown basmati rice (bulk section)
- millet (bulk section)
- whole or ground flaxseeds
- trail mix (with no salt or peanuts):
 - o sunflower seeds, raisins, dates, almonds, pumpkin seeds
- healthy oils:
 - o flaxseed oil, olive oil, fish oil
- fresh vegetables (choose a good variety of dark and colorful veggies):
 - o dark green lettuce, spinach, endive, kale, chard, bok choy, arugula, carrots, beets, parsnips, turnips, yams, sweet potatoes, cabbage, cauliflower, broccoli, brussel sprouts, mustard greens, cucumbers, zucchini, squash, shallots, garlic, onions, leeks, asparagus, celery, okra, artichoke, eggplant, string beans, seaweed, kelp, parsley
- organic berries:
 - o blueberries, blackberries, raspberries, cranberries
- fresh fruit (except oranges):
 - o pears, pomegranate, plums, peaches, apricots, cantaloupe, persimmon, pineapple, banana
- fresh, unprocessed fruit juices
- herbal teas:
 - o ginger, kombucha, chai, dandelion, nettle
- protein powder for shakes:
 - o organic brown rice protein powder (by Nutribiotic)
 - o organic hempseed protein powder (by Manitoba Harvest or Ruth's Hemp)
 - o organic fermented soy protein powder ("ABSolute Soy" by Interactive Nutrition)
 - o organic pea and rice protein powder ("Complete Vegetarian" by Interactive Nutrition)
- nut/grain milk:
 - o organic brown basmati rice milk ("Ryza" or "Yu")
 - o almond milk (by Pacific Foods)
- spices for flavoring :
 - o sea salt, vegetable salt, tamari, ginger root or powder, cardamom, cinnamon, fennel, chili powder, lemon juice

NOTE: Keep in mind that you are eliminating /reducing toxins and foods that can cause allergies or sensitivity reactions. This means you are cutting out pesticides, herbicides, food additives/flavorings, artificial sweeteners, and **eliminating dairy, wheat, soy, corn, meat, chocolate, sugar, oranges, peanuts, apples, eggs, yeast, coffee, alcohol, and hydrogenated oil.**