



5-Day Detox Challenge
Shopping list

General Shopping Tips

- Consider doing your shopping twice during the week. This will allow you to gauge the number of greens you'll be eating, what snacks you prefer, and recipe adjustments without over spending and keeping foods fresh.
- Shop in the bulk section for spices, grains, dry beans, and nuts/seeds. The food is often fresher and you can buy the amount you need versus a big jar or bag when you may only need a little bit for a recipe.
- If you haven't done so already, go shopping at your local health food store or co-op. They will more likely have a better organic selection and knowledgeable staff if you have any questions. Co-ops typically do not require you to have a membership. To find a local co-op near you visit www.localharvest.org.
- If shopping on a budget, follow the Dirty Dozen organic principles as noted below.
- Lots of filtered water will be required throughout the week. If you do not have a filtration system at home, purchase filtered water while grocery shopping.
- Have fun exploring and stocking up on fresh foods. Remember: Don't be afraid to ask questions!

Pesticides In Your Produce

It is best to purchase 100% organic foods during the detox week, no doubt about it. However, it has been estimated you can lower consumption of pesticides by up to 80% simply reducing the top 12 most contaminated fruits and vegetables known as the Dirty Dozen. This graph is designed to help you make the best choices for both your cleansing success and your pocketbook during the detox week.

Dirty Dozen - buy these organic
Strawberries
Spinach
Nectarines
Apples
Grapes
Peaches
Cherries
Pears
Tomatoes
Celery
Potatoes
Sweet Bell Peppers

Reference: Environmental Working Group

Shopping List

Produce

Fruit

- 4 bananas
- 3 cups berries (fresh or frozen) - strawberries, raspberries
- 1 pineapple
- 9 lemons
- 2 avocados
- 1 orange

Vegetables

- 1 red pepper
- 1 small carrot
- 1 small head broccoli
- 1 bunch green onions
- 2 bunches asparagus
- 2 medium onions
- 2 small red onions
- 4 celery stalks
- 2 tomatoes
- 1/2 pound beet bulbs
- 1 cup sweet peas (fresh or frozen)

Greens

- 1 lb Spinach
- 2 bunches Collard greens
- 1 bunch Lacinto Kale (not curly)
- Fresh greens (3 different types for salads: arugula*, Belgian endive, butter lettuce, radicchio, red leaf lettuce, romaine lettuce, mesclun, mizuna, spring mix)

Herbs/Spices

- 1 bunch fresh parsley (flat leaf)
- 3 garlic bulbs
- 3/4 cup fresh basil + 1 tsp dried basil or 1 T fresh
- 1 tsp dried oregano or 1 T fresh
- 1/2 teaspoon dried thyme
- 2 Bay Leaves
- 1/8-1/2 teaspoon cayenne
- 1 teaspoon garlic powder
- 1 jar fine sea salt
- Fresh black pepper

Bulk Section

- 1 cup ground flax seed (or whole flaxseeds you can grind on own)
- 1.5 cups millet
- 1.5 cups dried black-eyed peas
- 1 cup quinoa
- (can purchase dried herbs/spices here)

Canned/Boxed Goods

- 1 Unsweetened Almond Milk
- 1 Jar Smooth Almond Butter
- 1 can Eden Foods white beans (cannellini or great northern)
- 1 box Green tea (only if you drink lots of caffeine); Naturally Decaffeinated green tea ideal and/or other herbal tea if you do not like green.
- Extra-virgin Olive Oil
- Raw Apple Cider Vinegar
- Balsamic Vinegar (for salad dressings only; optional)

Poultry/Fish

- 4 organic chicken breasts (about 1.75 pounds total)
- 1 serving size wild caught salmon/white fish of your choice (no factory farmed)

Salads

- Mixed greens as noted above
- Core veggie toppings - select 4 such as
 - avocado
 - raw grated beets
 - carrots
 - radishes
 - fennel bulb, chopped
 - spring onions
 - celery
 - broccoli
 - cucumber

Snacks

- Raw fresh veggies (use same as salads for easier prep)
- Hummus or Spicy Black Bean Hummus Ingredients
- Extra bananas for ice cream if you think you may have a bad sweet/creamy craving
- Fresh strawberries or a few carob chips for toppings
- 1 extra bunch Lacinto Kale if you think you may have a salty/crunch craving
- Raw, unsalted almonds or pumpkin/sunflower seeds from bulk section (no peanuts though!)
- Extra pineapple for more green juices/drinks
- Extra avocados or asparagus