

# 3-Day Summer Detox

## PROTEIN/REFRIGERATED

- 1 8 oz filet salmon
- 2 bone-in skin on chicken breasts
- 1 lb ground dark turkey
- 2/3 lb medium peeled shrimp, tails removed
- Bee pollen
- Plain almond yogurt (*we like Kite Hill*)
- Coconut water

## PANTRY

- Extra virgin olive oil
- Coconut oil
- Coconut sugar
- Brown rice
- Non GMO popping corn
- Hot sauce
- Fish sauce
- Flaky sea salt
- Turmeric
- Chili flake
- Cayenne pepper
- Fennel seeds
- Curry powder
- Garlic powder
- Onion powder
- Nutritional yeast
- Coconut milk
- Chicken stock
- Spirulina
- Matcha powder
- Sun Potion tocos

## PRODUCE

- 1 bunch chives
- 1 bunch basil
- 1 bunch cilantro
- 4-6 Limes
- 1 head of garlic
- ½ lb or so of fresh ginger
- 1 shallot
- 1 head of romaine
- 1 head of leafy lettuce
- 2 carrots
- 2 Persian cucumbers
- 2 beefsteak or heirloom tomatoes
- 1 lb spinach
- 8oz baby arugula
- 2 fennel bulbs
- 1 3-4 lb butternut squash
- 3 avocados
- 1 bunch bananas
- 1 watermelon