

# The 2018 Detox Shopping List

## PROTEIN

- ½ pound halibut, skin removed
- 1 boneless skinless chicken breast (about 1 pound)

## PANTRY

- cashews
- dates
- sunflower seed butter
- cacao nibs
- quick cooking gluten-free oats
- chia seeds
- coconut sugar
- gluten-free oat flour
- 1 can black beans
- 1 quart chicken stock
- 1 quart vegetable stock
- chickpea or lentil fusilli
- brown rice spaghetti
- brown rice summer roll wrappers
- tamari
- fish sauce
- 1 can coconut milk
- coconut nectar

## OILS AND VINEGARS

- extra virgin olive oil
- coconut oil
- sesame oil
- rice vinegar
- red wine vinegar

## PRODUCE

- 1 large knob ginger
- 3 heads garlic
- 4 shallots
- 1 red onion
- 1 white onion
- 1 bunch rosemary
- 1 bunch basil
- 3 bunches cilantro
- 2 bunches mint
- lemongrass
- 1 bunch scallions
- 1 jalapeno
- 3 sweet potatoes
- 6 limes
- 2 lemons
- 1 head romaine
- 1 head butter lettuce
- 1 bunch radishes
- 1 small jicama
- 1 bunch curly kale
- 1 Persian cucumber
- 2 carrots
- 4 small zucchini
- 1 small crown broccoli (about 2 cups florets)
- baby arugula
- blueberries
- 4 avocados
- 2 apples

## SPICES

- vanilla powder
- cinnamon
- turmeric
- fennel seeds
- chili flakes
- Aleppo chili
- za'atar
- sesame seeds
- cumin
- kosher salt

## FRIDGE/FREEZER

- unsweetened almond milk
- unsweetened coconut yogurt
- soy-free Veganaise
- coconut water
- grain free cassava-coconut tortillas (we like Siete)
- frozen blueberries
- frozen raspberries
- frozen peaches

## SPECIALTY

- maca powder
- collagen powder
- chlorella

## QUICK THURSDAY RE-STOCK

- 2 cups cooked quinoa (from the salad bar)
- 1 boneless skinless chicken cutlet (about 1 pound)