

2019

# Detox Shopping List

## PRODUCE

- 4 limes
- 10 lemons
- 2 heads cauliflower
- 1 head romaine lettuce
- 3 bunches kale
- 1 bunch Swiss chard
- 1 sweet potato
- 8 ounces arugula
- 1 stalk lemongrass
- 6 heads garlic
- 3-inch piece fresh ginger
- 2 red onions
- 3 yellow onions
- 1 bunch cilantro
- 1 bunch mint
- 1 bunch dill
- 1 bunch parsley
- 1 bunch scallions
- 1 pound red beets
- 1 bulb baby bok choy
- 2 avocados
- 1 apple
- 1 carrot
- 1 Persian cucumber
- 10 ounces pitted medjool dates
- 4 ounces shiitake mushrooms (about 6)
- 1 8-ounce bag snap peas

## ITEMS YOU MIGHT ALREADY HAVE

- olive oil
- coconut oil
- sunflower seed oil
- kosher salt
- pink Himalayan salt
- dried oregano
- black pepper
- allspice
- ground ginger
- ground cardamom
- ground cloves
- ground cinnamon
- ground turmeric
- ground coriander
- ground cumin
- garlic powder
- onion powder
- dried thyme
- Dijon mustard

## FROZEN

- 1 bag frozen blueberries
- 1 bag frozen coconut meat packs
- 4 quarts good-quality vegetable stock

## MEAT & FISH

- 1 pound skinless salmon fillets
- 2 trout fillets
- 2 bone-in, skin-on chicken breasts

## PANTRY

- chia seeds
- raw cashews
- hemp seeds
- flax seeds
- pepitas
- pecan pieces
- walnut pieces
- almonds
- shredded coconut
- 1 can black beans
- 2 cans chickpeas
- red curry paste
- sumac
- brown rice cakes
- everything bagel spice mix
- almond butter
- harissa paste
- 1 can coconut milk
- sweet potato vermicelli
- coconut aminos
- Red Boat fish sauce
- saffron (optional)
- anchovies (optional)
- vegenaïse (optional)