

# The 2017 Annual goop Detox Shopping List

## PROTEIN/REFRIGERATED

- ½ whole organic chicken
- 1 5- to 6-ounce salmon fillet
- 1 pound ground dark meat turkey
- Eggs
- White miso

## PANTRY

- Coconut sugar
- Gluten-free oats
- Gluten-free tamari
- Coconut aminos
- Red boat fish sauce
- Sunbutter
- Almond butter
- Black and/or white sesame seeds
- Coconut nectar
- Capers
- Puy lentils
- Red lentils
- 1 15-ounce can black beans
- 1 15-ounce can pinto beans
- 1 15-ounce can kidney beans
- 1 6-ounce tin good quality olive oil packed tuna
- Pitted oil-cured black olives (or whatever olives you like)

## PRODUCE

- 3 Fuji apples
- 3 bunches scallions
- 3 heads of garlic
- 1 large knob fresh ginger
- 1 head green cabbage
- 3 limes
- 4 lemons
- 1 heart romaine lettuce
- 1 small head radicchio
- 1 cup baby arugula leaves
- 1 bunch collard greens
- 1 head baby bok choy
- ¼ cup snap peas
- ½ cup green beans
- 4 medium carrots
- 2 Persian cucumbers
- 1 small kohlrabi or daikon
- 1 serrano chili (optional)
- 1 bunch fresh cilantro
- 1 bunch fresh mint leaves
- 1 bunch fresh Thai (or regular) basil
- 1 bunch fresh parsley
- 2 stalks celery
- 3 yellow onions
- 1 small red onion
- 1 small shallot
- 2 avocados
- 6 Japanese (or regular) sweet potatoes
- 2 regular sweet potatoes

## SPICES

- Black peppercorns
- Ground cinnamon
- Ground cloves
- Ground cardamom
- Ground turmeric
- Ground nutmeg
- Chili powder
- Ground cumin
- Sweet paprika
- Cayenne pepper
- Chili flakes

## OILS AND VINEGARS

- Olive oil
- Toasted sesame oil
- Rice vinegar
- Apple cider vinegar
- Good balsamic vinegar

## BULK SECTION

- 2 pitted dates
- Walnuts (1/4 cup + 1 cup)
- 1/3 cup pumpkin seeds
- 1/3 cup whole raw almonds
- 1/3 cup shredded coconut
- 1/3 cup flax seeds

## SPECIALTY

- Sun Potion Astragalus
- Sun Potion Reishi
- Sun Potion Tocos

## WEDNESDAY'S POST-WORK SHOPPING LIST:

- 1 ½ pounds ground dark meat chicken
- 1 cup cooked brown rice