

# Annual Detox

## SHOPPING LIST 2021

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### Pantry:

- pitted dates
- hemp seeds
- chia seeds
- flax seeds
- sesame seeds
- sunflower seeds
- hulled pumpkin seeds (pepitas)
- psyllium husk
- sliced almonds
- almond butter
- coconut sugar
- brown rice, quinoa, or fonio (if you can't find it in stores, try [online](#))
- vegetable stock (low-sodium)
- chicken stock (low-sodium)
- curry powder
- ground cumin
- Mexican oregano
- fennel seeds
- furikake
- tahini
- 1 can chickpeas
- 1 can black beans
- Castelvetrano olives
- capers
- coconut aminos
- apple cider vinegar
- chickpea flour
- brown lentils
- rooibos tea
- raw cacao powder

### Perishables:

- frozen cherries
- frozen cauliflower florets
- almond milk
- soy-free veganaise
- white miso
- 1 pound boneless skinless chicken breasts
- 1 pound fresh Italian chicken sausage (not precooked)
- 2 6-ounce haddock fillets

### Produce:

- 16 ounces berries (we like a mix of raspberries, blueberries, and pomegranate arils)
- 2 yellow onions
- 1 white onion
- 1 head garlic
- 1 knob ginger
- 1 bunch scallions
- 2 shallots
- 1 bunch rosemary
- 1 bunch cilantro
- 1 bunch parsley
- 1 leek
- 1 head celery
- ½ pound broccoli
- 1 bunch Swiss chard
- 1 bunch curly kale
- 1 bunch Lacinato kale
- 4 limes
- 2 lemons
- 2 sweet potatoes
- 6 Persian cucumbers
- 2 zucchini
- 1 bulb endive
- 1 bunch radishes
- 3 Granny Smith apples
- 1 red cabbage
- 1 bunch carrots
- 3 avocados
- 16 ounces riced cauliflower

### Stuff You Might Already Have:

- salt: kosher, pink Himalayan, flaky
- black pepper
- extra virgin olive oil
- avocado oil

### Optional:

- nutritional yeast, za'atar, gluten-free crackers, and extra lemons for lemon water in the mornings