

Annual Detox

SHOPPING LIST 2022

Protein:

- 1 pound ground dark-meat turkey
- 3 (approximately 6-ounce) fillets salmon
- 4 ounces smoked trout
- 2 boneless skinless chicken breasts (approximately 1 to 1½-pounds)

Perishables:

- soy-free veganaise
- plain coconut yogurt
- coconut or almond milk
- frozen cherries
- frozen cauliflower rice
- grain-free tortillas

Pantry:

- dairy- and sugar-free chocolate (we like Hu Chocolate)
- Dutch process cocoa
- Korean-style seaweed snacks (gim)
- capers
- coconut aminos
- dates
- chia seeds
- hemp seeds
- sliced almonds
- pistachios
- unsweetened shredded coconut
- 2 (16-ounce) cans chickpeas
- 1 (16-ounce) can black beans
- brown rice
- olives
- grain-free crackers
- red lentils
- vegetable stock
- arrowroot powder
- grain-free pea-protein bread crumbs (we like Longève)
- grainy mustard
- gluten-free noodles

Produce:

- 1 head garlic
- 1 (3-inch) knob ginger
- 2 red onions
- 2 yellow onions
- 2 shallots
- 1 bunch scallions
- 1 bunch thyme
- 1 bunch sage
- 1 bunch cilantro
- a few bunches tender herbs (your choice—parsley, chives, dill, mint, and tarragon all work)
- 6 to 8 lemons
- 2 oranges
- 4 limes
- 2 large avocados
- 1 pint blueberries
- 1 banana
- 2 ounces spinach
- 1 large sweet potato
- 6 medium beets (or 2 small packages of precooked beets)
- 4 Persian cucumbers
- 2 heads endive
- 1 bunch celery
- 2 leeks
- 1 small butternut squash
- 1 bunch kale
- 1 small green cabbage
- 1 bulb fennel
- 1 Granny Smith apple
- 1 bunch carrots
- 2 zucchini
- 1 small crown broccoli
- 4 ounces mushrooms (we like oyster, but feel free to use your favorite)

Essentials You Might Already Have:

- kosher salt
- flaky sea salt
- black pepper
- extra virgin olive oil
- avocado oil
- coconut oil
- sesame oil
- tahini
- almond butter
- red wine vinegar
- rice vinegar
- apple cider vinegar
- vanilla
- za'atar
- sumac
- fennel seeds
- garlic powder
- onion powder
- ground cumin
- ground coriander
- cinnamon
- Mexican oregano
- turmeric