

Annual Detox:

2023 SHOPPING LIST

PRODUCE:

- 4 avocados
- 1 head Bibb lettuce
- cabbage, red and green (1 head of each)
- 3 pounds organic carrots
- 2 bunches celery
- 2 bunches cilantro
- 3 cucumbers
- 1 bunch dill
- 4 heads garlic
- 1 (1½-inch) knob ginger
- 1 bunch green curly kale
- 1 bunch green onions
- 9 lemons
- 3 limes
- 1 head Little Gem lettuce
- 1 bunch mint
- ¼ pound shiitake mushrooms
- 2 bunches parsley
- 1 head radicchio (optional)
- radishes (as many as you'd like to eat with the hummus)
- 2 red onions
- 1 bunch rosemary
- 2 shallots
- 8 cups spinach
- 1 delicata squash
- sugar snap peas (as many as you'd like to eat with the hummus)
- 2 large or 4 small Japanese sweet potatoes
- 1 bunch thyme
- 4 yellow onions
- 4 zucchini

PERISHABLES:

- 3 cups almond milk
- frozen avocados (1 package, or ¾ cup if you chop and freeze them yourself)
- brown rice papers
- gluten-free chickpea miso
- soy-free veganaise

PANTRY ITEMS:

- 2 cups sliced and toasted almonds
- almond or cashew butter
- apple cider vinegar
- bay leaves
- black peppercorns
- raw cacao powder
- capers
- cashews (about 1 ounce)
- celery salt
- 1 (15-ounce) can chickpeas
- cinnamon
- 6 dates, plus more for snacking if you'd like
- Dijon mustard
- everything spice seasoning
- flaxseeds
- olive oil
- protein powder
- pumpkin seeds
- rice wine vinegar
- sesame oil
- toasted sesame seeds
- shredded coconut
- tahini
- gluten-free tamari
- turmeric

PROTEIN:

- chicken bones
- 5 chicken breasts (ask the butcher to pound 2 of them thin for the chicken paillard)
- 1 pound chicken wings
- 1 pound ground chicken
- 1 pound ground turkey
- 2 (6-ounce) pieces skinless salmon