

## Annual Detox: 2024 Grocery List

### PRODUCE:

- ½ cup artichoke hearts
- 2 cups arugula
- 4 avocados
- 4 bunches baby bok choy
- ¼ pound broccoli
- 1 pound Brussels sprouts
- 5 carrots
- 2 stalks celery
- 2 cucumbers
- 1 bunch curly kale
- 12 dates
- 1 delicata squash
- 4 cloves garlic
- 2 (1½-inch) knobs ginger
- 1 head green cabbage
- 1 bunch green onions
- ½ pound haricots verts or green beans
- 8 lemons
- 3 limes
- 2 heads Little Gem lettuce
- 1 bunch parsley
- 2 red onions
- 2 sprigs rosemary
- 3 shallots
- 6 cups spinach
- 1 bunch thyme
- 4 yellow onions
- 4 zucchini

### PANTRY ITEMS:

- sliced and toasted almonds
- apple cider vinegar
- arrowroot powder
- 2 bay leaves
- black peppercorns
- 2 cups brown rice
- 2 (2-ounce) jars capers
- cashew butter
- celery salt
- champagne vinegar
- chia seeds
- 1 (15-ounce) can chickpeas
- clean chocolate protein powder (we like Truvani)
- unsweetened shredded coconut
- coconut nectar
- Dijon mustard
- everything-bagel seasoning
- extra virgin olive oil
- 2 cups flaxseeds
- 1 sheet kombu
- ½ cup matcha powder
- pink Himalayan salt
- raw pumpkin seeds
- toasted pumpkin seeds
- red wine vinegar
- untoasted sesame seeds
- gluten-free tamari or coconut aminos
- clean unflavored protein powder (we like Truvani)
- turmeric

**PROTEIN:**

- 3 pounds chicken bones
- 4 chicken breasts
- 1 pound chicken wings
- 1 rotisserie chicken
- 2 (6-ounce) pieces skinless salmon

**PERISHABLES:**

- almond milk (or your favorite clean plant-based milk)
- frozen avocados (1 package, or 2 avocados if you chop and freeze them yourself)
- frozen blueberries (1 package, or 2 cups fresh blueberries if you freeze them yourself)
- chickpea miso (we like Miso Masters)
- coconut yogurt (we like Culina)
- soy-free vegenaïse