

2025 Annual Detox Grocery List

Produce	Dry Goods	Proteins	Pantry
5 lbs organic carrot	2 pkgs buckwheat soba noodles	6 portions salmon	¼ cup coconut aminos
1 head purple cabbage	1 bag chickpea flour	4 chicken breasts	2 tbsp rice vinegar
2 lbs persian cucumbers	1 bag ground flax seed	3 rotisserie chickens	¾ cup coconut nectar
2 bunch cilantro	¼ cup tahini	1 gallon chicken bone broth	2 tsp sesame oil
2 bunch green onion	¼ cup avocado oil mayo	1 lb organic ground turkey	6 tbsp nutritional yeast
1 lb fresh ginger	1 box quinoa flakes		9 tsp baking powder
4 limes	4 tbsp everything-bagel seasoning		1 tbsp onion powder
5 ea yellow onion	1 ¼ cup yuzu juice		1 tbsp garlic powder
3 ea zucchini	1 tsp za'atar powder		1 tbsp turmeric powder
1 bunch dino kale	½ cup of coconut flakes		1 cup olive oil
1 pkg spinach	¼ coconut milk		¼ cup sliced almonds
3 each avocado			1 cup sunflower seeds
12 each lemon			2 dry bay leaf
2 pkgs arugula			1 cup pumpkin seeds
2 cups basil			2 cups quinoa
3 heads garlic			½ cup chia seeds
1 head celery			3 cups almond flour
1 bunch rosemary			½ cup coconut sugar
1 bunch thyme			2 ½ tsp baking soda
2 large apples			1 tbsp cinnamon powder
1 pint fresh or frozen blueberries			4 tsp sea salt
3½ cups plant-based milk of your choice			2 tbsp apple cider vinegar
fresh herbs (dill, cilantro, and parsley)			½ cup flax seeds
1 cauliflower			3 tbsp turmeric powder
1 red onion			1 tsp cumin powder
2 cups dates			9 tbsp protein powder, vanilla & tiramis flavored