

goop

the 2026 *annual detox*: grocery list

produce

- 12 cups spinach
- 1 bunch parsley
- 1 bunch dill
- 6 cups cauliflower
- 1 quart strawberries
- 1 (4-inch) piece of ginger
- 4 cups gem lettuce
- 2 cups kale
- 1 butternut squash
- 2 Honeycrisp apples
- 1 cup pomegranate seeds
- 1 yellow onion
- 2 sweet potatoes
- 1 bunch celery
- 1 bunch kale
- 1 cup bean sprouts
- 1 bunch cilantro
- 1 lime
- 7 lemons
- 1 cup blueberries
- ¼ cup shiitake mushrooms
- 1 bunch green onions
- 1 cup red or green grapes
- 1 bunch tarragon (or chives or dill)

protein

- 2 rotisserie chickens
- 4 pieces of salmon, skinless
- 2 pieces of cod

perishables

- 1 cup no-sugar coconut yogurt
- 3 cups almond milk

pantry staples

- sea salt
- black pepper
- 2 tsp vanilla extract
- 1 tbsp onion powder
- 3 cups cup chia seeds
- 2½ cups maple syrup
- ½ cup coconut oil
- ¼ cup honey
- 6 tbsp apple cider vinegar
- 2 tbsp avocado oil
- 3 tbsp white balsamic vinegar
- ½ cup Dijon mustard
- 6 tbsp turmeric
- 3 tbsp cumin
- 4 tsp clove

- 1 avocado
- 1 cup arugula
- 2 tbsp rosemary
- 4 shallots
- 8 cups broccoli
- 1 cup pineapple, fresh or frozen
- 4 kiwis
- 2 bananas
- 1 cup oyster mushrooms
- 2 heads garlic
- 1 shallot
- 3 tsp ginger
- 3 tsp cinnamon
- 1 tsp coriander
- 1 tsp cardamom
- 1 tsp garlic powder
- 5 tsp baking powder
- 1 tsp baking soda
- 2 tsp gluten-free tamari or coconut aminos
- ½ tsp matcha powder
- extra virgin olive oil
- 3 cups coconut water
- 2 (13.5-oz) cans coconut milk
- 3 scoops protein powder
- 2 cups shredded coconut
- 8 cups almond flour
- 2 cups sliced almonds
- 1 cup unsweetened apple juice
- 1½ cups quinoa
- 2 cups pumpkin seeds
- 6 cups chicken bone broth
- 2 cups whole cashews
- ¼ cup arrowroot
- 3 medjool dates
- 2 cups flaxseed meal
- 1 cup walnuts or almonds
- ½ cup sunflower seeds
- 4 tbsp psyllium husk
- 1 cup cassava flour
- 1 cup Castelvetrano olives
- 1 cup tahini

- ½ cup chopped dates
- 1 tbsp capers
- 4 cups vegetable broth