

# Shopping List

## NUTS, SEEDs, OILS, CONDIMENTS, FROZEN FRUIT and MORE

### Nuts & Seeds

- 2 cup almonds
- 1 bag cacao powder
- 3 cups cashews
- 2 cups dates
- 2 cups pumpkin seeds/hemp seed/sunflower seeds
- 2 cups raisins
- 6 cups unsweetened shredded coconut
- 1 cup walnuts
- 2 cups sesame seeds

### Oils, Sweeteners, Vinegar, Butters

- coconut oil
- olive oil
- maple syrup or honey
- vanilla
- tamari or Bragg's Liquid Aminos or Soy Sauce
- sesame oil
- balsamic
- dijon mustard (or dried mustard)
- apple cider vinegar (for dressings)
- tahini
- peanut butter, almond butter or sunflower seed butter

### Miscellaneous – Optional Items

- 1 pkg Kaffir Lime Leaves (optional! So don't worry)
- 1 pkg rice paper ( in most supermarkets in Asian section)  
(if you are going 'fully raw' don't get the rice paper)  
(you can use romaine lettuce instead)

### EQUIPMENT

- Blender
- Food Processor (nice to have but not necessary)
- Carrot Peeler or Spirilizer to make Noodles
- Spring Form Pan (8" or 9") for Cheesecakes
- Cutting board
- Sharp knife
- Mason jars

### Condiments

- sea salt
- chili powder
- cayenne
- cumin
- cinnamon
- nutmeg
- rosemary
- oregano
- 1/2 cup sun-dried tomatoes
- 1/2 cup nutritional yeast

### Juice (optional – for smoothies)

- your choice
- my fave is PC Orange-Mango

### Frozen fruit for smoothies

- 3 small bags or 1 large bag  
(or get fresh fruit)
- my faves:
  - mango
  - pineapple
  - mixed tropical fruit
  - berries

### Paint Store

- nut milk bag  
(aka: paint straining bag)

### Emergency Cooked Options:

- can of black beans
- can of chick peas
- sweet potatoes
- quinoa
- brown rice

# Shopping List

## PRODUCE

Better to shop twice during the detox for fresh produce:

### LIST #1

Buy Day Before We Start

DAYS 1 to 4 – Fresh Produce

#### Greens for Smoothies

**2 bunches of your choice:**

kale (my fav)  
spinach  
swiss char  
collard greens  
cilantro

#### Fresh Fruit for Snacks

Your choice!

#### Lots of Bananas

2 bunches  
(freezes what you don't use up)

#### Produce: Lunch, Dinner & Snacks

1 bag apples  
1 box arugula  
5 avocado  
1 bunch basil  
4 or 5 bell peppers (red/orange/yellow)  
1 butter lettuce  
1 cup button mushrooms  
1 bag carrot  
1 celery  
1 bunch cilantro  
1 cucumber  
1 garlic  
1 ginger  
1 hot pepper  
1 bag lemon  
2 lime  
1 mango (green/unripe)  
1 box mixed baby greens  
2 portobellos  
1 small purple cabbage  
1 pkg spinach  
sprouts  
2 tomatoes  
2 zucchini

### LIST # 2

Buy on Day 4

DAYS 5 to 7 – Fresh Produce

#### Greens for Smoothies

**2 bunches of your choice**

kale (my fav)  
spinach  
swiss char  
collard greens  
cilantro

#### Fresh Fruit for Snacks

Your choice!

#### Lots of Bananas

2 bunches  
(freeze what you don't use up)

#### Produce for Lunch, Dinner & Snacks

1 mango unripe  
1 bunch cilantro  
sprouts  
2 to 3 tomatoes  
2 zucchini  
1 portobello  
1 bunch basil  
1 cup grapes or kiwi  
1 zucchini  
1 lemon  
1/2 cup raspberries (fresh or frozen)  
1 bunch chives