

A close-up photograph of a stack of sliced mushrooms, likely portobello caps, resting on a light-colored wooden cutting board. The mushrooms are sliced horizontally, showing their gills and the texture of their caps. The lighting is warm and focused on the mushrooms, with a soft shadow cast to the left.

WINTER 5-DAY
detox

for beginners

shopping list

WINTER 5-DAY detox for beginners

SHOPPING TIPS

- Read through the recommended recipes and choose the ones you'll want to make. Please note that you don't need to buy ingredients for ALL the recipes, just choose 3-4 to get started and plan to rely a bit on leftovers.
- Consider going to the grocery store twice for all the items you'll need for the detox. Although it's fairly easy to store extra dry goods in your pantry, the amount of fresh vegetables you'll need can sometimes overwhelm a small fridge, and fresher produce just tastes better.
- Shop in the bulk aisle for spices, dry beans, and grains. The products are often fresher and you don't need to buy a whole jar of something when you only need a few teaspoons.
- Consider going to a health food store as they'll likely have more organic items.
- Co-ops are often less expensive than chain stores and many don't require you to be a member. To find a great co-op near you, visit <http://www.localharvest.org/>. Click the "Grocery/Co-op" button, enter your ZIP code and hit search.
- Remember to bring re-usable shopping bags.
- Ask questions – if you don't know where to find something, just ask someone who works there.

 **SPICES & HERBS**

Check the bulk section for Spices and Herbs – they are often much fresher and it saves \$ to buy just what you need rather than purchasing them in a jar.

Grab some sea salt – REAL Salt is a great brand that can be found at health food stores and gourmet groceries. You can buy other brands as well; just be sure to buy sea salt that isn't bright white. Pink, grey, brown and black are all good colors.

 **BULK SECTION**

I love buying grains in bulk because I can buy the exact amount I need.
