

A close-up photograph of a stack of sliced mushrooms, likely portobello caps, resting on a light-colored wooden surface. The mushrooms are sliced horizontally, showing their gills and stems. The lighting is warm and focused on the stack, creating soft shadows and highlights on the mushroom caps and the wood grain.

WINTER 5-DAY  
**detox**  
for beginners

shopping list



## SHOPPING TIPS

- If a Farmer's Market is running in your area, try buying some of your produce there. It's fresher, cheaper, and always tastes better than what you can find in the grocery store.
- 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 foods store for this program as they'll be likely to 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/> and click the "Grocery/Co-op" button, enter your ZIP code and hit search.
- Remember to bring re-usable shopping bags!
- If you have a Trader Joe's in your area, try shopping there first as they often have many items at a better price than other chains.
- Ask questions – if you don't know where to find something, just ask someone who works there.
- Check your pantry, fridge, and freezer to see which items you already have to make sure you don't double up.
- Ideally, I'd like you to purchase ALL your meat and produce items organically, but I know that can get pricey. Just do your best.

## For 5-Day Recipes

### **PRODUCE**

- 1 avocado
- 1 banana
- 1 green bell pepper
- 6 baby bok choy
- 4 carrots
- 1 small head cauliflower
- 3 stalks celery
- 1 handful cilantro
- various greens:
  - 1 large or 2 small bunches escarole or curly endive
  - 4-5 large bunches mustard, kale, collard, turnip tops or Swiss chard
  - 2 large bunches kale
  - 1 bunch (or several handfuls) organic spinach
- 1 jalapeño
- 4 lemons
- 7 yellow onions (4 small, 3 medium)
- small bunch green onions or sliced radish (optional)
- 1 parsnip or celery root
- 2 ripe pears
- 4 scallions
- 1 small butternut squash
- several sweet potatoes or yams (3 large or 5 medium, plus 1 small)
- If you plan to have side salads or extra smoothies, grab those ingredients too!



## 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.

- 1 tsp allspice
- dash cayenne pepper
- 2 TB chili powder
- ½ TB Chinese 5-spice powder (optional)
- ½ tsp cinnamon powder
- 2 tsp coriander
- 3 tsp cumin
- 2-3 TB curry powder
- 2-3 heads garlic (approx. 24 cloves)
- 1 tsp dried ginger
- 3 TB fresh ginger
- 1 tsp dried oregano
- sea salt and pepper to taste
- 4 TB tamari sauce, wheat-free
- 2 tsp dried thyme

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## BULK/DRY/CANNED GOODS

I love buying grains in bulk because I can buy the exact amount I need. Check your pantry before hitting the store.

- 2 TB raw almond butter (or ¼ C almonds)
- 1 TB sliced raw almonds
- 1 C artichoke hearts
- various canned beans:
  - 1 (14-oz) can cannellini or white kidney beans
  - 1 (14-oz) can black beans
  - 1 (14-oz) can kidney beans
  - 2 (14-oz) cans garbanzo beans (chickpeas)
  - 2 (14-oz) cans pinto, black-eyed peas or kidney beans (or a combination)
- 3-4½ quarts vegetable or chicken broth (13-19 C)
- 4 TB chia seeds
- 2 TB unsweetened coconut flakes
- 2 (14-oz) cans full-fat coconut milk
- 3 TB coconut oil
- 1 TB flax seeds
- ¼ tsp raw honey (optional)
- 1 C French green lentils
- ½ TB maple syrup (optional)
- 2 TB nut butter
- 1¼ C rolled oats
- 8 TB extra virgin olive oil
- 3 TB kalamata olives
- 1 TB raw pumpkin seeds
- 2 C quinoa
- 1 (14-oz) can diced tomatoes
- 1 (14-oz) can diced roasted tomatoes
- 2 (14-oz) cans stewed tomatoes (Eden Organics brand if possible)
- 2 TB red wine vinegar
- 3 TB rice vinegar
- 1 TB white vinegar
- white wine vinegar, to taste (optional)



**For Salad Dressings, Snacks, Sweet Treats**  
**(by recipe)**

 **SALAD DRESSINGS**

**Garlic Tahini Dressing**

- ¼ C tahini
- 1 TB olive oil
- 2 cloves garlic
- Juice of a lemon
- ½ tsp sea salt
- ½ tsp black pepper

**Honey Dijon Balsamic Dressing**

- 1 shallot
- 1 TB Dijon mustard
- 1 TB honey
- ¼ C balsamic vinegar
- ⅓ C olive oil
- ½ tsp sea salt
- ½ tsp black pepper

 **SNACKS****Kale Chips**

- 1 head Lacinato/black/Italian kale
- extra virgin olive oil
- sea salt, to taste
- optional seasonings: smoked paprika, cumin or curry

**Homemade Trail Mix**

- ½ C macadamia nuts
- ½ C raw walnuts
- ½ C raw pumpkin seeds
- ½ C raw sunflower seeds
- ½ C goji berries, dried cranberries, or dried currants (just make sure there's no sugar added!)
- ¼ cup golden raisins

**Spicy Chickpeas**

- 2 (14-oz) cans chickpeas/garbanzo beans
- 2 TB olive oil
- 1 tsp smoked or regular paprika
- Pinch cayenne pepper
- 1 tsp sea salt





## SWEET TREATS

### **Ginger Mashed Yams**

- 2 garnet yams
- ½-inch chunk fresh ginger
- 1-2 tsp ground ginger
- ½ (14-oz) can full-fat coconut milk
- Salt and pepper to taste

### **Detox Hot Chocolate**

- 1 TB raw cacao powder
- pinch sea salt
- ¼ tsp cinnamon
- dash cayenne pepper
- dash honey (optional)
- 1-2 TB full-fat coconut milk

### **Baked Apples or Pears**

- 1 apple or pear
- sprinkle of cinnamon
- sprinkle of nutmeg

## Chocolate Fat Bombs

- 1 C raw cashews
- ¼ C cacao powder
- ¼ C raw liquid honey
- ⅛ C hemp seeds
- ⅛ C chia seeds
- ⅛ C shredded coconut
- 2 T coconut oil
- 1 small pinch vanilla bean
- 1 pinch sea salt
- 1 tsp spirulina or maca powder (optional booster)

## Rooibos Tea

- Rooibos tea

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