

Shopping List

Let's go shopping! Be sure to go shopping for everything you need to successfully support your 28-day program. Be sure to buy organic when possible.

Vegetables

(fresh or frozen)

- Alfalfa sprouts
- Artichoke
- Asparagus
- Avocado
- Beets
- Bok choy
- Broccoli
- Brussels sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery
- Cilantro
- Cucumber
- Eggplant
- Endive, escarole
- Green or yellow beans
- Greens (mustard, arugula, beet, turnip, chard)
- Jicama
- Kale
- Kohlrabi
- Lettuce (all kinds)
- Okra
- Olives
- Onions, leeks, garlic, shallots, scallions
- Peppers
- Potatoes
- Radishes
- Rutabaga
- Sea vegetables (seaweed, kelp)
- Spinach
- Summer squash
- Sweet potatoes/yams

- Taro
- Tomatoes (canned & fresh)
- Turnips, parsnips
- Water chestnuts
- Winter squash (acorn, etc.)
- Zucchini

Fish

(wild, not farm-raised)

- Cod
- Flounder
- Halibut
- Mahi mahi
- Salmon
- Sole
- Tilapia
- Trout

Meat/Poultry

(organic, free range)

- Chicken
- Lamb
- Turkey
- Wild game

Fruits

(fresh or frozen)

- Apple
- Applesauce (unsweetened)
- Apricot
- Banana
- Berries (all types)
- Cherries
- Kiwi
- Lemons/limes
- Mango
- Melon (all types)

- Nectarine
- Papaya
- Peach
- Pear
- Pineapple
- Plum
- Prunes, raisins

Rice/Grains

- Amaranth
- Buckwheat
- Gluten-free oats
- Millet
- Quinoa & quinoa flakes
- Rice, rice bread (unsweetened), rice cereal, rice cakes, rice pasta, cream of rice
- Tapioca
- Teff

Legumes

(Vegetable Protein)

- Beans (white, black, kidney, great Northern, navy, mung, pinto, garbanzo)
- Hummus
- Lentils
- Peas (green, snow)

Nuts/Seeds

- Almonds & almond butter
- Coconut
- Flaxseed
- Hazelnuts

- Pecans
- Pine nuts
- Pumpkin seeds
- Sesame seeds
- Sunflower seeds
- Tahini
- Walnuts

Spices/Condiments

- All herbs & spices
- Dry mustard
- Oils (almond, extra virgin olive, pumpkin, safflower, sesame, sunflower, walnut, flaxseed, coconut, canola)
- Vinegar: apple cider, rice, red wine, balsamic

Sweeteners

- Brown rice syrup
- Blackstrap molasses
- Fruit sweetener
- Stevia

Beverages

- Almond milk
- Coconut milk
- Hemp milk
- Herbal tea, decaffeinated
- Juices from allowable fruits without added sugar
- Rice milk
- Water (filtered, distilled, mineral)