



Detox
Shopping
LIST

Suggested Meals & Shopping List

SUGGESTED MEALS

Here are the simple, surefire ways to make your detox a home run:

1. You can add clean sources of protein to each meal. A list of clean sources of protein, vegetarian and non-vegetarian, are listed in the Guide.
2. I have created a sample 11-day plan with meals for phase 2 and phase 3. If you need to exchange a meal due to an allergy or a preference, refer to your Recipe Guide for suitable swaps.
3. I have repeated meals in the sample plan to allow you to do batch cooking and to make shopping and preparing a bit easier during your program.
4. Pay close attention to the NEW foods you add back in during phase 3, which begins on day 8.
5. If you are still hungry, add soup, salad, or an extra bowl of vegetables to any entrée and remember, you can add protein to any meal. Refer to your Guide for more information about clean protein options.

Snacks, protein balls, dips, and drinks are not included in your sample meal plan or shopping list. Please add 1-2 snacks per day in between meals, if needed, or have a green juice or cup of tea.

Suggested Meals & Shopping List

DAY	BREAKFAST	LUNCH	DINNER
1	Berry Bomb Smoothie	Berries in a Box	Sweet Potato and Cauliflower Mash with Peas
2	Fruit Plate	Salad in a Jar	Summer Baked Vegetables with Choice Of Protein
3	Chocolate Chia Pudding	Sweet Kale Salad	Carrot and Kale Soup with Choice Of Protein
4	Enzyme-Booster Smoothie	Mock Tuna with Sliced Green Apple	Simple Summer Sauté With Choice Of Protein
5	Goddess Smoothie	Collard Wraps with Tahini Dipping Sauce	Green Detox Soup with Choice Of Protein
6	Chocolate Chia Pudding	Berries in a Box	Sautéed Green Beans with Choice Of Protein
7	Cherry Cacao Smoothie Bowl	Mock Tuna with Sliced Green Apple	Sweet Potato and Cauliflower Mash with Peas



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SHOPPING LIST

PHASE 2

Days 1-7 (DETOX)

FRUITS

Frozen berries – ½ cup
Blueberries – 1 cup
Lemons – 8
Green apples – 5
Pineapple – 1 ½ cups
Grapefruit – about 2
Lime – ½
Grapes – 2 cups
Pitted cherries – 1 cup
Banana – 1

VEGETABLES

Avocado – 2
Kale – 2 ½ bunches + 2 cups
Romaine – 4 cups
Sweet potatoes – 4
Cauliflower – 3
Peas – 2 cups
Red cabbage – ¼ cup
Spinach – 1 cup
Cucumber – 1
Asparagus – 1 bunch
Broccoli – 1 head
Onion – 5
Dandelion greens – about 1 bunch
Carrots – about 3
Celery – 2
Patty pan squash – 6-8 (or 2-3 yellow squash)
Mixed greens – 1 cup
Collard leaves – 4

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Bean sprouts – ¼ cup
Summer squash – 2 cups
Green beans – 1 pound
Baby spinach – 1 handful

NUTS & SEEDS

Sunflower seeds – 2 ¼ cups
Hemp seeds – about 1 cup
Chia seeds – 2/3 cup + 2 tablespoons
Flax seeds – 1 tablespoon

CLEAN PROTEIN

Add sources of clean protein as desired. See your Guide for more information.

CONDIMENTS/ MISCELLANEOUS

Organic vegetable broth – (2) 32-ounce packages
Nori sheets – 4
Nutritional yeast
Extra-virgin olive oil
Coconut oil
Tahini
Honey
Shredded coconut
Bragg's Raw Apple Cider Vinegar
Dulse flakes
Plant-based protein powder
Vanilla
Raw cacao
Sea salt
Pepper

BEVERAGES

Dairy-free milk – 7 cups
Coconut water – 4 ½ cups (only needed if substituting for dairy-free milk in available recipes)

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HERBS/SPICES

Parsley – 3 bunches
Mint leaves – ½ bunch
Mint sprigs – about 8 sprigs
Fresh basil – 8 cups
Fresh cilantro – about 2 bunches
Dried basil – 2 tablespoons
Garlic cloves – 16
Cinnamon
Cumin
Italian
Turmeric
Paprika
Herbes de Provence



NeoLife Shake is my personal favorite and recommendation for a protein supplement added to smoothies or anytime you need more protein.

NeoLife Bars are my absolute favorite “go to” for a quick meal on the run or pick me up snack. The little bars are jam packed with protein, omega 3, and fiber.

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PHASE 3 DAYS 8-11 (TRANSITION)

DAY	BREAKFAST	LUNCH	DINNER
8	Berry Bomb Smoothie	Sweet Kale Salad	Baked Eggplant with Mock Tuna
9	Regenerator Smoothie	Corn Salad	Collard Wraps with Tahini Dipping Sauce with Choice Of Protein
10	Chia Protein Smoothie	Salad in a Jar	Summer Sauté with Brown Rice
11	Fruit Plate	Berries in a Box	Green Salad with Ginger Miso Tofu

FRUITS

Frozen berries – ½ cup
Apples – 1 ½
Lemons – 6
Frozen strawberries – ½ cup
Grapefruit – 2
Pineapple – 1 cup
Blueberries – handful

VEGETABLES

Avocado – 1 ½
Kale – ½ bunch + 2 cups
Dandelion greens – ½ bunch
Eggplant – 1
Chicory – 2 cups
Raw corn – 2 cups

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Cucumber – 2
Collard leaves – 2
Carrots – ½
Bean sprouts – ¼ cup
Summer squash – 2 cups
Mixed greens – 5 cups
Red cabbage – ¼ cup
Spinach – 1 handful
Patty pan squash – 6-8 (or 2-3 yellow squash)
Romaine – 2 cups
Scallions – 2
Onions – 1

NUTS & SEEDS

Chia seeds – 5 tablespoons
Hemp seeds – 4 tablespoons
Sunflower seeds – 2 tablespoons

CLEAN PROTEIN

Add sources of clean protein as desired. See your Guide for more information.

CONDIMENTS/ MISCELLANEOUS

Tofu – 6-ounce block (extra firm)
Brown rice – 2 cups
Raw cacao
Bragg's Raw Apple Cider Vinegar
Coconut oil
Protein powder
Honey
Extra-virgin olive oil
Tahini
Vanilla
Nutritional yeast
Miso
Sea salt
Pepper
Organic vegetable broth – 2 ½ cups (or substitute water)

Suggested Meals & Shopping List

BEVERAGES

Dairy-free milk – 3 cups

Coconut water – 3 cups (only needed if substituting for dairy-free milk in available recipes)

HERBS/SPICES

Mint sprigs – 5

Mint leaves – ½ bunch

Garlic cloves – 8

Cilantro – 1 handful

Parsley – ½ bunch

Basil – 4 cups

Ginger – 1/2-piece

Turmeric

Cinnamon

Paprika

