



SUMMER CLEANSE SHOPPING LIST

Please note: this list excludes soup recipes and breakfasts

Vegetables

Tomato
Cucumber
Avocado
Mushroom
Baby Spinach, rocket & mixed leaves
Bok choy
Carrots
Lemon
Sweet potato
asparagus
Pumpkin
Green onion
Garlic
Corn
Green beans
Chinese broccoli
Squash
Avocado
Snow peas
Spinach
Watercress
Ginger
Spring onions
Celery
Frozen peas (1 cup)
Sprouts

Herbs & spices

Basil (dried)
Basil (fresh)
Oregano (dried)
Thyme (fresh)
Parsley (fresh)
Cumin
Coriander (fresh)
Turmeric
Bay leaf

Grains

Brown rice
millet
lavache bread
wholemeal sour dough bread
spelt macaroni
biodynamic short grained white rice
barley

Proteins

white low fat cheese e.g. feta or ricotta,
organic chicken (optional) or tofu day 10
hard tofu x 2,
Tinned Chickpeas, Kidney Beans or Lima
beans for mega salad day 2
Adzuki beans
Red lentils
Bream or snapper (day 3)
Tinned salmon in spring water
Snapper or cod (day 7)
Free range egg

Condiments

Cold pressed oil (sesame or olive)
Miso
Umeboshi vinegar
Soya sauce, tamari or shoyu
Toasted sesame oil
Brown rice vinegar

Sea vegetables

Nori Sheets
Kombu
wakame

Other

Soya milk
Kudzu
Rice syrup
Buckwheat flour
Wholemeal flour
Vegetable bouillon
Almond meal
sundried tomatoes, finely sliced
small salted capers
Ligurian (small black) olives
marinated artichoke hearts