10 Day Cleanse Shopping list

Fruit and Vegetables and fresh Produce (ideally organic)

Tomato Cucumber Avocado Clives Cucumber Avocado Carrot Carrot Colives Squash Free range eggs Broccoli Baby Spinach Rocket Ginger Mixed leaves Sweet potato Mushroom Lemons for lemon juice Celery Peas (fresh or frozen) Bok choy Zucchini Auchon Garrot Carrot Car	Truit and vegetables and itesir i roudee (ideally of game)	
Avocado Olives Squash Free range eggs Baby Spinach Rocket Ginger Mixed leaves sweet potato Mushroom Lemons for lemon juice Celery Peas (fresh or frozen) Carrot Squash Broccoli Garlic Ginger Asparagus Green Ginger Asparagus Asparagus Green beans Onions Pumpkin Oranges Daikon radish Spring onions	Tomato	Bok choy
Olives Free range eggs Baby Spinach Rocket Ginger Mixed leaves Sweet potato Mushroom Lemons for lemon juice Celery Peas (fresh or frozen) Squash Broccoli Baby Spinach Garlic Garlic Ginger Asparagus Green Ginger Asparagus Green beans Onions Pumpkin Oranges Paikon radish Spring onions	Cucumber	Zucchini
Free range eggs Baby Spinach Rocket Ginger Mixed leaves Sweet potato Mushroom Lemons for lemon juice Celery Peas (fresh or frozen) Broccoli Garlic Garlic Garlic Ginger Asparagus Green beans Onions Pumpkin Oranges Daikon radish Spring onions	Avocado	Carrot
Baby Spinach Rocket Ginger Mixed leaves Sweet potato Mushroom Lemons for lemon juice Celery Peas (fresh or frozen) Garlic Ginger Asparagus Green beans Onions Pumpkin Oranges Daikon radish Spring onions	Olives	Squash
Rocket Mixed leaves Sweet potato Mushroom Lemons for lemon juice Celery Peas (fresh or frozen) Ginger Asparagus Green beans Onions Pumpkin Oranges Daikon radish Spring onions	Free range eggs	Broccoli
Mixed leaves Seweet potato Green beans Onions Lemons for lemon juice Pumpkin Celery Oranges Peas (fresh or frozen) Daikon radish Spring onions	Baby Spinach	Garlic
sweet potato Mushroom Lemons for lemon juice Celery Peas (fresh or frozen) Green beans Onions Pumpkin Oranges Daikon radish Spring onions	Rocket	Ginger
Mushroom Lemons for lemon juice Celery Peas (fresh or frozen) Onions Pumpkin Oranges Daikon radish Spring onions	Mixed leaves	Asparagus
Lemons for lemon juice Celery Peas (fresh or frozen) Pumpkin Oranges Daikon radish Spring onions	sweet potato	Green beans
Celery Oranges Peas (fresh or frozen) Daikon radish Spring onions	Mushroom	Onions
Peas (fresh or frozen) Daikon radish Spring onions	Lemons for lemon juice	Pumpkin
Spring onions	Celery	Oranges
· · ·	Peas (fresh or frozen)	Daikon radish
Watercress (seasonal)		Spring onions
· · · · · · · · · · · · · · · · · · ·		Watercress (seasonal)
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Animal Protein	Groceries
Chicken breast	Tofu (Vitasoy Organic is best)
Fresh Tuna Steaks	Goats milk yoghurt
Blue eyed cod	White low fat cheese e.g. feta
White fish of choice	
Grains	Legumes and grains
Brown rice	Chickpeas (canned or fresh)
Rolled oats	red lentils
	Adzuki beans
Seeds & Nuts	Bread (Thin unleavened bread)
Pepitas	Mountain Bread
sunflower seeds	Lavosh bread
Almonds	Sourdough bread
Brazil	
Cashews	
Pepitas	
Sunflower seeds	
Currants	
Sea vegetables (from health food store)	
Kombu	

Condiments and chilli paste

fresh Extra virgin olive oil	cumin
sesame oil	tumeric
fresh basil	miso
sea salt	brown rice vinegar
tahini	fresh basil
coriander	