

10 Day Cleanse Shopping list

Fruit and Vegetables and fresh Produce (ideally organic)

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

Condiments and chilli paste

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