
These are healthy foods to not only use in during your detox but for everyday life!

Food Reset Shopping List:

- *Extra virgin olive oil*
- *Extra virgin coconut butter (coconut oil)*
- *Healthy oils you like: walnut, sesame, grape seed, flax, avocado*
- *Nut butters (raw if possible: almond, cashew, macadamia, walnut)*
- *Nuts: walnuts, almonds, pecans,*
- *Seeds: hemp, chia, flax, pumpkin, sesame*
- *Tahini (sesame seed paste-great for salad dressings and in sauces for veggies)*
- *Canned full fat coconut milk*
- *Unsweetened hemp or almond milk*
- *Canned or jarred organic: kalamata olives, pickles, sauerkraut (organic fermented food)*
- *Almond meal (great for pancakes)*
- *Apple cinder vinegar*
- *Low-sodium, gluten-free tamari*
- *Low-sodium broth (vegetable or chicken)*
- *Dijon mustard*
- *Himalayan Sea Salt*
- *Black pepper (peppercorns that you can freshly grind)*
- *Detoxifying herbs: tumeric, cayenne pepper, thyme, rosemary, chili powder, cumin, sage, oregano, onion powder, cinnamon (supports blood sugar), coriander, cilantro, paprika and parsley*
- *Any Veggies you like: zucchini, broccoli, kale, mushrooms, onions, cabbage, cauliflower, bell peppers (all different colors), celery, brussels sprouts, discover others you enjoy.*
- *Fish (wild Pacific salmon)*
- *Chicken (free range)*
- *Turkey (free range)*
- *Tofu, tempeh (organic soy) or *Hemp tempeh (soy free)*

Spices great to add to veggies and incredible detox benefits:

- *Fresh rosemary*
- *Chopped fresh cilantro*
- *Fresh crushed garlic*
- *Fresh sliced ginger*

Remember your detox breakfast shakes: [click here](#)

Be sure to look through your cookbook and decide what meals you'll be creating. Double check you have the ingredients.

*My favorite to use in a stir fry! You can buy different flavors.

Taken from page 256 & 260 of 10-Day Detox Diet by Mark Hyman, MD