

Healthy Detox Shopping List and Recipes

6 Rules For Your Cleanse:

1. Purchase organic Non-GMO foods
2. Avoid all dairy. Instead try Almond, coconut, or hemp milk
3. Avoid alcohol and sodas of any kind
4. Avoid sweeteners
5. Avoid gluten/wheat
6. Avoid red meat

Healthy foods to have during your detox and for everyday life:

(Always buy organic and Non-GMO when available.)

- Organic Apple cider vinegar
- Organic lemon
- Himalayan Sea Salt (Pink)
- Unrefined virgin coconut oil to cook with or cook with real butter (Do not cook with olive oil.)
- Nut butters (raw if possible): almond, cashew, macadamia, walnut Nuts: walnuts, almonds, pecans,
- Seeds: hemp, chia, flax, pumpkin, sesame
- Bok choy
- Tahini (sesame seed paste-great for salad dressings and in sautés)
- 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)
- Gluten-free tamari (replaces soy sauce)
- Coconut Aminos (replaces soy sauce)
- Vegetable or chicken broth
- Dijon mustard
- Organic Non-GMO Tofu
- Tempeh (organic soy) or Hemp tempeh (soy free)
- Any Organic veggie: zucchini, broccoli, kale, mushrooms, onions, cabbage, cauliflower, bell peppers (all different colors), celery, Brussels sprouts, etc
- Fish (wild Pacific salmon)
- Eggs (organic free range) (No eggs during detox)
- Lima Beans
- Organic Quinoa

(Please share this list with friends and family.)

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- Raw cold-pressed olive or flax seed oil
- Fresh raw juice
- Herbal teas no caffeine
- All fruits
- All dried fruits (without sulphur dioxide and preservatives)
- Grapefruit (do not mix citrus and melons with other food)
- Organic maple syrup
- All raw organic veggies
- All salad greens

(Studies have shown that eating organic gives you 300% more vitamins and minerals.)

Improve Gut Function:

- Pumpkin seeds • Bok choy
- Arugula
- Kale
- Tomatoes
- Carrots
- Organic free range: poultry, turkey • Wild salmon
- Onions
- Parsley
- Probiotics and enzymes
- Kimchi
- Sauerkraut

Helps To Balance Blood Sugar:

- Wild salmon
- Good fat: Avocado, nuts, olives, olive oil, coconut oil,
- Fiber: Green leafy veggies, peas, artichokes, coconut, figs, prunes, brussel sprouts, asian pears • Cinnamon

Liver Cleanse Juice Ingredients (optional):

- 3 Carrots
- 1 Beet
- 2 Red Apples
- 6 Kale Leaves
- 1/2 Lemon
- 1/2 inch Ginger Root

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Yummy Quick Recipes:

Amazing Chia Porridge recipe

<https://www.allrecipes.com/recipe/246520/raw-chia-porridge/> (Have for breakfast or late night snack)

Cashew cheese Make your own go to

<https://cleanfooddirtygirl.com/cashew-cheese-easy-recipe/#wprm-recipe-container-38220>

Detox Breakfast Shakes (Blend the following recipes in a blender.):

Helpful Tips: Soak seeds overnight or make your shake the night before and leave it in the refrigerator to soak. They are better absorbed in the body when soaked. *Take from the 10-Day Detox Cookbook by Mark Hyman, MD.

*Shake Option #1:

- 1/2 cup frozen blueberries
- 1/2 cup frozen cranberries
- 1/4 organic lemon with rind (optional)
- 1 tablespoon of almond butter
- 1 tablespoon pumpkin seeds
- 1 tablespoon of chia seeds
- 1 tablespoon hemp seeds
- 2 raw walnuts
- 1/4 avocado
- 1/2 tablespoon extra virgin coconut oil
- 1/2 cup unsweetened almond or hemp milk
- 1/2 cup water
- Let it sit for 10-15 minutes so chia seeds can soak and drink it down.

*Shake Option #2:

- 1/2 cup raw almonds
- 2 kale leaves, stems removed
- 4 tablespoons chia seeds
- 1/2 inch piece ginger-root, peeled
- 1/2 medium cucumber, peeled and seeded
- 1 cup water or more as desired
- Let it sit for 10-15 minutes so chia seeds can soak and drink it down.

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***Shake Option #3:**

- 1 tablespoon raw almond butter
- 3 raw walnuts
- 1 cup water
- 1/2 cup fresh or frozen strawberries
- 1/4 avocado
- 1/2 teaspoon fresh ginger-root, peeled
- 1/4 teaspoon cinnamon
- 1 tablespoon flax seeds
- 2 to 3 ice cubes as desired
- Let it sit for 10-15 minutes so flaxseeds can soak and drink it down.

Shake Option #4:

- 1/4 cup packed fresh mint leaves
- 1/2 cup ice (optional)
- 1 cup water
- 1 cup packed spinach or 1 medium kale leaf, stem removed
- Let it sit for 10-15 minutes so chia seeds can soak and drink it down.

Shake Option #5:

- 1/2 cup Almond milk and 1/2 cup filtered water
- 1 scoop of [Nutiva](#) Protein Powder
- 1-2 table spoon almond butter
- 2-3 Kale leaves
- 1 kiwi (firm, not too soft) peeled and sliced in half
- 1/4 avocado
- 4 tablespoons chia seeds
- 1/2 lime, juice
- 2-3 Kale leaves
- 2-4 tablespoons organic chia seeds (sometimes)
- 1/2 cup Blueberries (sometimes)
- Let it sit for 10-15 minutes so chia seeds can soak and drink it down. =)