

# DETOX SHOPPING LIST

## DAYS 1 & 2 GROCERY LIST

Listed below are ideas and options utilizing ingredients from meals on: [www.realeasymeals.com](http://www.realeasymeals.com)

- M'lis MRP
- Almond Milk
- Greek Yogurt
- Raspberries
- Blue Berries
- Strawberries
- Grapefruit
- Cantaloupe
- Broccoli
- Cauliflower (try using in place of rice)
- Zucchini (great to spiralize)
- Egg Plant
- Spaghetti Squash (use in place of noodles)
- Lettuce (the darker the better)
- Tomatoes
- Celery
- Avocado
- Carrots
- Chickpeas
- Oatmeal (Old Fashioned, NOT instant)
- Quinoa
- Cottage Cheese
- Hummus
- Chicken (breast preferred)
- Salmon (Sockeye is best)
- White Fish (Cod, Haddock, Flounder)

## DAYS 3-5 GROCERY LIST

- 28 Lemons or 32oz frozen 100% lemon juice
- Pure Maple Syrup (32oz)
- Distilled Water (3 gallons)
- Manual Citrus Juicer (optional)
- or-*
- Electric Citrus Juicer (optional)

## DAYS 6-7 GROCERY LIST

Listed below are ideas and options utilizing ingredients from meals on: [www.realeasymeals.com](http://www.realeasymeals.com)

- M'lis MRP
- Almond Milk
- Greek Yogurt
- Ricotta Cheese
- Raspberries
- Blueberries
- Strawberries
- Broccoli
- Cauliflower
- Zucchini
- Egg Plant
- Spaghetti Squash
- Lettuce
- Tomato
- Celery
- Fresh Basil
- Hummus
- Avocado
- Oatmeal (Old Fashioned, NOT instant)