

## CLEANSE + RESTORE GROCERY LIST

### VEGTABLES

- Asparagus
- Broccoli
- Brussel Sprouts
- Cauliflower
- Chard
- Zucchini
- Eggplant
- Kale
- Spinach
- Muschrooms
- Seaweed
- Onions
- Bell peppers
- Butternut Squash
- Yam
- Sweet Potato

### FRUIT

- Blueberries
- Blackberries
- Strawberries
- Raspberries
- Guava
- Avocados
- Figs
- Oranges
- Lemons
- Limes
- Kiwi
- Cherries
- Grapefruit
- Green Apples
- Plums
- Pears

### SMOOTHIES

- Spinach
- Kale
- Chard
- Beets
- Banana
- Blueberries
- Raspberries
- Strawberries
- Apples (green)
- Pineapples (frozen)
- Hemp Seeds
- Flax Seeds
- Chia Seeds

**ORGANIC PROTEIN**

- Salmon (wild caught)
- Cod
- Mahi-Mahi
- Bass
- Chicken
- Beef
- Lamb
- Bone Broth

**DAIRY**

- Eggs (free-range, grass-fed)
- Goat/Sheep Cheese
- Plain Kefir (no sugar)
- Plain Greek Yogurt (no sugar)
- Unsweetened Almond Milk (for smoothies)
- Coconut Milk

**BEVERAGES**

- Green tea
- Filtered water
- Herbal tea
- Coconut water
- Kombucha

**SEEDS/NUTS/GRAINS**

- Walnuts
- Almonds
- Pumpkin Seeds
- Sunflower Seeds
- Pistachios
- Pecan
- Quinoa
- Brown Rice
- Wild Rice

**DRESSINGS + HERBS**

- Olive Oil
- Coconut Oil
- Ghee (clarified butter)
- Apple Cidar Vinegar
- Sea salt
- Rosemary
- Ginger
- Thyme
- Oregano
- Turmeric
- Parsley
- Sage
- Basil
- Garlic
- Cinnamon
- Mint
- Cilantro