
Grocery List: Week 4 (Cleanse)

VEGETABLES

- 3 cups greens (spinach, lettuce, sprouts, etc)
- 1 small head lettuce (2 1/2 cups)
- 1 large bunch kale (6 1/2 cups)
- 1 small bunch spinach (3 cups)
- 3 avocados
- 3 beets
- 1 head broccoli
- 1 large butternut squash (5 cups)
- 8 carrots
- 1 small cucumber (1 1/2 cups)
- 1 1/2 cups green beans (or snap peas)
- 1 bunch green onions (or scallions or chives)
- 1 cup mushrooms
- 2 onions
- 2 3/4 cups peas (frozen or fresh)
- 1/2 cup snap peas (or green beans)
- 1 sweet potato
- 2-3 zucchini

FRUIT

- 10 bananas
- 3 1/2 cups blueberries
- 1 cantaloupe
- 1/2 cup grapes
- 2 kiwi
- 2 lemons (or limes)
- 2 limes (or lemons)
- 1 mango (2 cups)
- 1 pear
- 1 cup raspberries
- 1 cup strawberries
- 2/3 cup dates
- 2 Tbsp dried cranberries

FRESH HERBS & SPICES

- 1 bunch (1/3 cup) fresh basil
- 1 small bunch (3 Tbsp) fresh mint
- 1 small bunch (1/4 cup) fresh parsley or cilantro
- 6 cloves fresh garlic
- Small section fresh ginger (1/3 cup)

OILS, VINEGARS & CONDIMENTS

- 2 Tbsp apple cider vinegar
- 4 Tbsp balsamic vinegar
- 1 Tbsp tamari (soy sauce)
- 1 1/2 cup vegetable broth

GRAINS

- 3 rice cakes (or whole grain crackers)
- 1 cup quinoa, dry (or millet)
- 1/3 cup rolled oats, dry

BEANS AND LEGUMES

- 2 15oz cans adzuki beans (or any other small bean)
- 1 15oz can cannellini beans
- 1 15oz can chickpeas
- 1/2 cup red lentils (dry)

NUTS & SEEDS

- 2 Tbsp almonds (or walnuts)
- 1 Tbsp coconut
- 3/4 cup pumpkin seeds
- 1/3 cup sunflower seeds
- 2 Tbsp walnuts (or almonds)
- 1/4 cup flaxseed, ground and/or chia seeds
- 1/2 cup nut/seed butter (could be tahini)
- 1 cup tahini

BAKING

- 1.5 L non-dairy milk
- 2 Tbsp cocoa powder
- 1 Tbsp unrefined sugar

SPICES & SEASONINGS

- 2 tsp cardamom
- 1 Tbsp cinnamon
- 1 Tbsp cumin
- 1 Tbsp curry powder
- 1 tsp dill
- 1/4 tsp nutmeg
- 1/3 cup nutritional yeast
- 1 tsp onion powder
- 1 Tbsp paprika
- sea salt

SPECIALTY

- 1 tsp greens powder (optional)
- 1 Tbsp maca powder (optional)
- 4 sheets nori (sushi rolling sheets)

Note: Quantities are for one person, 3 meals + 2 snacks each day