Detox Food Shopping List

Plant Proteins

- ☐ Bean Sprouts
- ☐ Beans (not baked)
- ☐ Legumes
- ☐ Lentils
- ☐ Natto
- ☐ Split Mung Beans
- ☐ Tofu (sprouted organic)
- ☐ Hummus
- ☐ Chickpeas
- ☐ Hemp Hearts

Animal Proteins

- ☐ Anchovies
- ☐ Buffalo
- ☐ Chicken
- ☐ Cod
- ☐ Cornish Hen
- ☐ Salmon
- ☐ Sardines
- ☐ Scallops
- ☐ Shrimp
- ☐ Talapia
- ☐ Turkey
- ☐ Trout
- ☐ Wild Game

Fats

- ☐ Avocado
- ☐ Chia Seeds
- ☐ Coconut Oil
- ☐ Flax Seeds
- ☐ Olive Oil

Carbohydrates

- ☐ Artichoke
- ☐ Arugula
- ☐ Asparagus
- ☐ Broccoli
- ☐ Brussels Sprouts
- ☐ Cabbage
- ☐ Celery
- ☐ Chard/Swiss Chard
- ☐ Chives
- ☐ Cucumber
- ☐ Escarole
- ☐ Fennel
- ☐ Garlic & Shallots
- ☐ Green Bean
- ☐ Greens (beet, collard, dandelion, kale, mustard, turnip)
- ☐ Lettuce
- ☐ Micro Greens
- ☐ Cauliflower

Carbohydrates

- ☐ Parsley
- ☐ Pepper
- ☐ Sea Vegetable
- ☐ Snap Pea
- ☐ Snow Pea
- ☐ Spinach
- ☐ Sprouts
- ☐ Watercress
- ☐ Daikon Radish
- ☐ Red Beet
- ☐ Tomato
- ☐ Carrot
- ☐ Horseradish
- ☐ Jicama
- ☐ Mushrooms
- ☐ Water Chesnut
- ☐ Pumpkin*, Sweet Potato* Yams*
- ☐ Raspberry*, Blackberry*, Blueberry*