

3-DAY PALEO CLEANSE

SHOPPING LIST

LIQUIDS

- € CHAMOMILE TEA
- € RAW CACAO NIBS – 2 TBSP
- € COCONUT WATER - 1 CUP
- € COCONUT MILK KEFIR – ¼ CUP
(OR DAIRY-FREE YOGURT)
- € COCONUT MILK – 1 CUP

CONDIMENTS/STAPLES

- € BRAGG'S APPLE CIDER
VINEGAR – 3 TBSP
- € OLIVE OIL – 15 TBSP
- € CAYENNE PEPPER – DASH
- € CINNAMON – DASH
- € DIJON MUSTARD – 1 TBSP
- € HONEY – WHATEVER YOU LIKE
IN YOUR TEA
- € SHREDDED COCONUT – 2 TBSP

PROTEIN

- € SALMON – 3 CANS BPA-FREE
OR 2 CANS + 2 WILD ATLANTIC
SALMON FILETS
- € CHICKEN – 8 OZ
- € SARDINES OR TUNA – 1 CAN
- € EGGS – 8
- € 6-8OZ GROUND TURKEY
- € PLANT PROTEIN POWDER – 2
SCOOP

NUTS/SEEDS

- € ALMONDS – 15-20
- € WALNUTS – 10
- € SUNFLOWER SEEDS – ¼ CUP
- € CHIA SEEDS – 1 TBSP

- € TAHINI – 2 TBSP

VEGGIES AND FRUIT

- € CUCUMBERS – 5
- € FRESH PARSLEY – 2 BUNCHES
- € SEA SALT & PEPPER PER TASTE
- € FIGS – 2
- € DATES – 2
- € APPLES – 2
- € PEARS – 3
- € LEMONS – 4
- € MIXED GREENS – 6 CUPS
- € FRESH SPINACH – 2.5 CUPS
- € SPRING MIX – 4 CUPS
- € ROMAINE – ENOUGH LEAVES
FOR WRAPS FOR 2 PEOPLE
- € CELERY – 2 STALKS
- € AVOCADO – 5
- € BLACK OLIVES – ¼ CUP
- € CHERRY TOMATOES – 6
- € BLUEBERRIES – 1 CUP
- € CABBAGE – 1 HEAD
- € CARROTS – 3
- € SWEET PEPPERS – 2
- € RAW ASPARAGUS – 1 CUP
- € RED PEPPER – 1
- € RED ONION – ½
- € YELLOW ONION – 2
- € RADISH – 1 MEDIUM
- € GARLIC POWDER - 1TBSP
- € CILANTRO – ½ BUNCH
- € BROCCOLI FLORETS - 1 CUP
- € GINGER – ½ INCH