

Total Mind & Body Detox:

Grocery list Days 6-10

Fruits

- ☐ 2 Apples
- ☐ 1 Pear
- ☐ 1 Orange
- ☐ 3-5 Lemons
- ☐ 3 Avocados
- ☐ + Your Choice of fruit & other ingredients for 6 juices/smoothies. Be sure to reference your detox recipe list.

Spices/Herbs

- ☐ 4-5" piece of fresh Ginger
- ☐ 1 bunch Fresh Dill
- ☐ 1/2 cup Fresh Mint Leaves
- ☐ 1/4 cup Fresh Basil

Healthy Oils/Nuts & Seeds

- ☐ Handful of Raw Pecans
- ☐ 1 cup raw nuts (your choice – no salt)

Vegetables

- ☐ Greens for 3 salads
- ☐ 2 Tomatoes
- ☐ 1 lb. baby spinach
- ☐ 2 Collard Leaves (wraps)
- ☐ 1 Broccoli
- ☐ 1 bunch Asparagus
- ☐ 1 Rutabaga
- ☐ 1 yellow onion
- ☐ 1 Celery
- ☐ 3 Carrots
- ☐ 1 Sweet Potato
- ☐ 1 Cucumber
- ☐ + Your Choice of other veggies: enough for 6 cups of non-starchy vegetables (for snacks & salads)

Meat/Poultry/Fish

- ☐ 4-6 oz. Cooked sliced Turkey (I like Whole Foods in their case)
- ☐ 4-6 oz. Cooked Organic Chicken
- ☐ 2 Raw Organic Chicken Breast on bone (skin removed)

Beverages

- ☐ Organic Herbal Teas: (I like chamomile, ginger, peppermint, milk thistle & dandelion, & rosehip) if you need to replace
- ☐ 1 sm Bottle Kombucha

Other

- ☐ Hummus (if need to replace or check recipe if you want to make your own)
- ☐ 1 Chia Pods (near yogurt)
- ☐ 1 Cup Pitted Dates
- ☐ Raw Cocoa Powder
- ☐ Raw Organic Honey
- ☐ 2 x SeaSnax: SeaVegi
- ☐ Sauerkraut

Additional:

SOUTH SHORE FITNESS
FIT BODY BOOT CAMP