7 Day Detox Shopping List

Unsweetened Almond Milk
Frozen Blueberries
2 bunches Kale
2 containers Spinach
2 bunches leafy lettuce
1 bunch cilantro
7-10 bananas
2 lemons
2 limes
celery
1 avocado
14 servings of fruit (this is for 2 snacks of fresh fruit daily-I usually buy 7 apples, a container of strawberries and 3 pears-choose whatever you will eat!)
1 dozen eggs
2 chicken breasts
1 red onion
3 bell peppers (I like to do 3 different colours)
1 garlic bulb
1 tin tuna
3 tins of beans (I like black, kidney, chickpeas)
2 cups raw almonds
1 cup ground flaxseeds
maple syrup
extra virgin olive oil (cold pressed)
balsamic vinegar
white vinegar
apple cider vinegar
salsa (Herdez all the way!)
coconut oil
coconut flour
chili powder
almond butter
cinnamon