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