



1 WEEK DETOX PLAN Shopping List

**Does not include ingredients for detox smoothies, please check which ones you would like to make and add the items to your list.*

Nuts + Seeds

Ground almonds
Linseeds
Pumpkin seeds
Sesame seeds
Sunflower seeds

Dried Herbs / Spices

Ground Cinnamon
Herbs de Provence (or mixed herbs)
Turmeric

Fresh Herbs / Spices

Basil leaves
Coriander
Garlic
Flat Leaf Parsley
Root ginger

Oils / Sauces

Coconut oil (or mild olive oil)
Olive oil
Toasted sesame seed oil
Tamari / Soy Sauce

Miscellaneous

Whole rolled porridge oats
Marinated artichoke hearts (jar)
Plum tomatoes
Tomato puree
Black olives
Veggie stock powder
Pumpernickel style rye bread
Coconut milk
Green tea



Continued...

Fruit

- Apple
- Banana
- Blueberries
- Kiwi fruit
- Lemons
- Limes
- Pomegrate seeds
- Watermelon

Vegetables

- Avocado
- Baby new potatoes
- Carrots
- Celery sticks
- Cherry tomatoes
- Courgettes
- Cucumber
- Green salad leaves / Baby leaf salad
- Leeks
- Mushrooms
- Onions - red + white
- Peppers - variety of colours
- Radishes
- Spring onions
- Sweet Potatoes
- Tomatoes
- Watercress

Proteins

- Salmon fillets
- Chicken breast
- Rainbow trout
- Chickpeas - tinned
- Cannelli beans - tinned
- Mixed pulses - tinned
- Borlotti beans - tinned
- Red split lentils - tinned
- Tofu

Optional extras (On the go options)

- Dairy Free Yoghurt
- Unsalted nuts
- Eggs
- Veggies for crudities

