

SHOPPING LIST

*Shopping list goes with 11-Day Suggested Meal Plan. If you are substituting recipes, from the Recipe Guide, please check ingredients and add to your shopping list if necessary.

DAYS 1-7

MILK SUBSTITUTES

- 8.5 cups coconut, almond, hemp, or rice milk

FRUIT

- 2 apples
- 4 bananas
- 4-5 avocados
- 1 date
- Dried cranberries
- 6 dried apricots
- 3-4 figs
- 13 lemons
- 7-8 oranges
- 1 pear
- 2 red peppers

FRESH HERBS

- ½ bunch cilantro
- ½ bunch dill
- 5 garlic cloves
- 1 bunch mint leaves
- 1 ½ bunches parsley

CONDIMENTS

- 7/8 cups Bragg's apple cider vinegar
- ½ tsp. Dijon mustard
- Kalamata olives (optional)
- 2 3/8 cups olive oil
- ¼ cup red wine vinegar

DAYS 8-11

MILK SUBSTITUTES

- 3.5 cups coconut, almond, hemp, or rice milk

FRUIT

- 2 apples
- 1 ½ avocados
- 1 banana
- 1-2 dates
- 8 lemons
- ¼ cup lime juice
- ¼ cup raisins
- 2 red bell peppers

FRESH HERBS

- 1 ¼ cups basil
- 16 garlic cloves
- 2 inches ginger
- 1 cup parsley

CONDIMENTS

- 6 tbsp. Bragg's apple cider vinegar
- ¼ cup balsamic vinegar
- 1 ½ cups olive oil

SEEDS

- 12 tbsp. chia seeds
- 6 tbsp. flax seeds
- ½ cup pumpkin seeds
- 1 ⅓ cup sunflower seeds

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- ½ cup chia seeds
- ¼ cup flax seeds
- ½ cup pumpkin seeds

FROZEN

- 1 cups frozen berries
- 1 cups frozen blueberries
- ¼ cup frozen carrots
- ¼ cup frozen peas

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- 1 cups frozen blueberries
- ¼ cup frozen carrots
- ¼ cup frozen peas

VEGETABLES

- 2 ½ small beets
- 1 head broccoli
- 1 calabaza or butternut squash
- 2 lbs. + 2 ½ cups carrots
- 1 ½ heads cauliflower
- 3 ribs celery
- 1 bunch + 2 leaves collard greens
- 10 cups kale
- 2 cups mesclun lettuce
- 4 onions
- 10 parsnips
- ½ small red cabbage
- ¼ cup red onion
- 3 cups spinach

VEGETABLES

- 4 beets
- 1 bunch beet greens
- ½ pound calabaza or butternut squash
- 1 small butternut squash
- 1 head cauliflower
- 5 carrots
- 2 cups chicory lettuce
- 1 fennel bulb
- 1+ habanero chili
- 5 cups kale
- 1 small onion
- 3 parsnips
- ¼ small red cabbage
- 1 large red onion
- 4 scallions
- 1 cup spinach

MISCELLANEOUS

- 10 cups chicken or vegetable broth
- 2 tbsp. unsweetened shredded coconut
- 14 tbsp. cranberry concentrate
- 1 strip kombu or other sea veggie

MISCELLANEOUS

- 1 tbsp. raw cacao
- 2 tbsp. unsweetened shredded coconut
- 8 tbsp. cranberry concentrate
- 1 strip kombu or other sea veggie
- 2 cups lentils

- 5 tsp. miso
- 4 tsp. poultry or vegetable seasoning
- 3-5 lbs. soup bones

- 3 cups quinoa
- 5 tsp. miso
- 3-5 lbs. soup bones

SPICES

- 4 ¼ tsp. black pepper
- 2 tsp. cayenne pepper (optional)
- 5 ¾ tsp. cinnamon
- 2 tsp. powdered cumin
- 5 tsp. cumin seeds
- 1 tbsp. curry powder
- 1 tsp. garlic powder
- ½ tsp. ginger
- 1 tsp. Mustard seeds
- 1 tsp. dried oregano
- ¼ tsp. red pepper flakes (optional)
- Raw honey or stevia
- 3 ¾ tsp. sea salt
- 4 tsp. dried thyme
- 3 ½ tsp. vanilla extract

SPICES

- 2 tsp. allspice
- 1 ½ tsp. black pepper
- 4 tsp. cinnamon
- 1 tsp. cumin seeds
- 1 tbsp. curry powder
- ¼ tsp. red pepper flakes (optional)
- 1 tsp. mustard seeds
- Raw honey or stevia
- 2 tsp. dried rosemary
- 2 tsp. sea salt
- 7 tsp. dried thyme
- ½ tsp. vanilla extract
- ½ dropper vanilla stevia

Notes:
