



DETOX-FRIENDLY SHOPPING LIST

Pre-approved foods to help you on your detox journey

PANTRY STAPLES

- Chia Seeds
- Coconut Flakes
- Ground Cinnamon
- Sea Salt / Celtic Salt / Himalayan Pink Salt
- Vanilla Powder / extract
- Activated Nuts
- Seeds
- Beans / Legumes
- Nori Rolls
- Rice Paper
- Quinoa
- Amaranth / Millet
- Turmeric / Cayenne Pepper
- Teff
- Black Rice

FRIDGE

- Goat & Sheep Milk Cheese
- Tahini
- Eggs
- Yoghurt; Sheep / Goat / Coconut
- Avocado
- Coconut Water
- Coconut Cream
- Organic Butter
- Fresh Organic Vegetables
- Fresh Fruit
- Chlorophyll
- Almond Milk
- Tempeh / Tofu
- Fermented veggies
- Bone Broth
- Kombucha
- Nut Butters
- Kefir
- Mushrooms
- Fish
- Chicken

FREEZER

- Mixed frozen berries
- Mixed frozen veggies

SUPERFOODS

- Raw Cacao Powder / Beans / Nibs
- Goji Berries
- Bee Pollen
- Spirulina
- Baobab
- Charcoal
- Gelatine
- Kakadu Plum

OILS

- Coconut Oil
- Olive Oil
- Nut Oil
- Seed Oil
- Ghee

CONDIMENTS

- Coconut Amino Sauce
- Apple Cider Vinegar
- Nutritional Yeast Flakes
- Tamari

SWEETENERS

- Rice Malt Syrup
- Stevia
- Raw Honey

TEA

- Chai
- Dandelion / Rooibos
- Herbal Blends
- Green Tea
- Detox Blend

