



The Immunity Mineral Cleanse 4 Day Shopping List

Produce

ginger
fennel
carrots, whole, shredded
english cucumber
daikon root
napa cabbage
green onions
jalapeno
ginger
garlic cloves
avocados
romaine Heart Leaves
cherry tomatoes
daikon
butternut squash
bok choy
celery
shitake
spinach
swiss chard
organic kale (curly, Lacinato)
collard greens
red bell pepper
red onion
lemon
lime
brussels Sprouts
asparagus
shallot
celery
fresh squeezed orange juice
sweet potato

broccoli
cauliflower
snow peas
lemongrass stalks
jalapeno pepper
sprouts, or pea shoots
parsley, fresh
cilantro, fresh
berries, fresh (blueberry,
raspberry, strawberry or
blackberry)
banana
frozen organic pineapple
coconut meat, fresh or frozen
raw coconut water
medjool dates, pitted

Meat Market

chicken breast

Herbs and Spices

cumin, ground
coriander, ground
cinnamon, ground
turmeric, fresh root, ground
white pepper, ground
black pepper, ground
cinnamon, bark
cayenne pepper, ground
red chili flakes
dried wakame
fennel seeds



The Immunity Mineral Cleanse 4 Day Shopping List Cont.

Oils and Condiments

fish sauce, no sugar added (red boat brand)
apple cider vinegar, raw
extra virgin olive oil
sesame oil
honey, raw
gluten free organic tamari
fermented miso paste
tahini

Dry Pantry

vegetable broth, organic
coconut milk, organic, no guar gum
Tomato paste
garbanzo beans, organic, 15 oz. canned
tuna packed in water, can
nut-milk/Alternative milk (unsweetened almond, coconut, pistachio, etc.)
almonds, sliced
sunflower seeds
pumpkin seeds
walnuts
currents, dried
hemp hearts, shelled
cashews, raw, unsalted and roasted
steel cut oats, gluten free

Supplements, (link on website)

organic moringa powder
moringa tea bags

Other

wooden toothpicks
filtered Water
ice