

60 Days to Reclaim YOUR Health



FRESH PRODUCE

- ___ 4 onions (2 for Potato Soup, 1 1/2 for Bean Burritos)
- ___ celery (2 stalks for Potato Soup, 4 stalks for Tasty Juice)
- ___ garlic bulb (2 cloves for Potato Soup, 1 clove for Sweet Annie Salad)
- ___ 2 bunches plus 8 leaves of kale (5 for Potato Soup, 3 for Tasty Juice and 2 bunches for Sweet Annie Kale Salad)
- ___ 2 lemons (1 for guacamole for Bean Burritos, 1/2 for Lemonade)
- ___ 8 peaches (for Cobbler, can substitute mango or nectarines)
- ___ 2 cups frozen blueberries (for Post Workout Smoothie, can purchase in the frozen food section)
- ___ 4 potatoes (for Potato Soup)
- ___ parsley (for Potato Soup)
- ___ apple (for Tasty Juice)
- ___ carrots (2 for Tasty Juice)
- ___ red bell pepper (1/2 for Bean Burritos)
- ___ lettuce (for Bean Burritos)
- ___ tomato (for Bean Burritos)
- ___ avocado (for Bean Burritos)
- ___ 1-2 cups blueberries (for Cobbler)
- ___ 8-12 strawberries (for Post Workout Smoothie)

NUTS AND SEEDS

- ___ 1/2 cup pecan pieces (for Cobbler)
- ___ Hemp seeds (for Post Workout Smoothie)
- ___ 2 Tbsp pine nuts (for Sweet Annie Kale Salad)
- ___ 1/2 cup walnut pieces (for Cobbler)
- ___ cashew butter (for Post Workout Smoothie)

CANNED VEGETABLES OR DRIED BEANS

- ___ 1 can black beans (for Bean Burritos)

DRIED HERBS AND SPICES

- ___ onion powder (for Potato Soup)
- ___ basil (for Potato Soup)
- ___ vanilla bean or vanilla flavoring (for Cobbler)
- ___ unrefined sea salt* (for Potato Soup, Bean Burritos, Cobbler,)
- ___ thyme (for Potato Soup)
- ___ chili powder (for Bean Burritos)
- ___ cumin powder* (for Bean Burritos)

GRAINS

- ___ brown rice (for Bean Burritos)
- ___ tortillas (for Bean Burritos)

OTHER

- ___ 3/4 cup plus 9-12 medjool dates (for Cobbler and Post Workout Smoothie)
- ___ herbal tea (for Sun Tea)
- ___ salsa (for Bean Burritos)
- ___ extra virgin olive oil* (for Potato Soup, Bean Burritos, and Sweet Annie Kale Salad)
- ___ ground psyllium (for Cobbler)
- ___ stevia (for Lemonade)
- ___ 16. oz coconut water (for Post Workout Smoothie)
- ___ honey (for Sweet Annie Kale Salad)
- ___ raisins (for Sweet Annie Kale Salad)

* Some items, like olive oil, salt, and cumin powder, you may have already purchased.