

# Smart Cleanse Detox Shopping List



\*Almost every item can be purchased at your local organic grocer and health food shop\*

## WEIGHT LOSS ALLOWABLE FOODS

IS WEIGHT LOSS YOUR GOAL? FOLLOW BLUE GROUP ONLY

**WEIGHT LOSS RULES:** NO ALCOHOL + NO CAFFEINE + NO SUGAR + NO REFINED SALT + 20–30 GRAMS OF CARBS DAILY + ALL FOODS MUST BE ORGANIC

### Organic Protein

- All Fish (except Swordfish)
- Atlantic Salmon
- Barramundi
- Blue Eyed Cod
- Chicken Breast
- Eggs
- Flax Seeds Ground
- Grass-Fed Beef Eye Fillet
- Kangaroo
- Lamb
- Organic Tinned Tuna
- Organic Tinned Salmon
- Oysters
- Pork

### Rabbit

- Sashimi Raw
- Scallops
- Scampi
- Turkey
- Tofu, Silken
- Veal
- Venison

### Organic Vegetables

- Alfalfa Sprouts
- Asian Greens
- Asparagus
- Bean Sprouts
- Beetroot
- Broccoli
- Broccolini

### Brussel Sprouts

- Capsicum
- Cabbage
- Carrot
- Cauliflower
- Celery
- Chard
- Cherry Tomatoes
- Chilli Peppers
- Collard Greens
- Cucumber
- Daikon
- Endive
- Eggplant
- Edible Flowers
- Fennel
- Iceberg Lettuce
- Kale
- Kohlrabi

- Leeks
- Cos Lettuce
- Mushrooms
- Mustard Greens
- Onion
- Okra
- Pumpkin
- Radicchio
- Radish
- Red Capsicum
- Red Chilli
- Rocket
- Baby Spinach
- Snow Peas
- Spanish Onion
- Squashes
- Sweet potato
- Tomato
- Wild Greens
- Watercress
- Zucchini

### Organic Fermented Vegetables

- Fermented Vegetables

### Organic Sea Vegetables

- Chlorella

- Daikon
- Kelp
- Kombu
- Nori
- Reishi
- Shitake
- Wakame

### Organic Seeds

- Pumpkin Seeds
- Sesame Seeds
- Sunflower Seeds

### Organic Fruits

- Apple
- Apricot
- Avocado
- Blueberries
- Frozen Blueberries
- Frozen Mixed Berries
- Cherries
- Grapes
- Guava
- Honeydew
- Melon
- Kiwifruit
- Lemon
- Lime

- Nectarine
- Kalamata Olives
- Orange
- Paw Paw
- Peach
- Pear
- Passion fruit
- Rambutan
- Rockmelon
- Raspberries
- Strawberries
- Tangerine
- Watermelon

### Organic Superfoods

- Acai Berry Powder
- Bee Pollen
- Cacao
- Coconut Flesh
- Chia Meal
- Goji Berries
- Spirulina

### Organic Healthy Fats

- Avocado Oil
- Extra-Virgin Coconut Oil
- Extra-Virgin Olive Oil

- Flaxseed Oil
- Macadamia Oil
- Grass-Fed Butter
- Peanut Oil
- Sesame Oil
- Sunflower Mayonnaise
- Walnut Oil

### Organic Spices, Seasonings & Sweeteners

- All Herbs, Fresh & Ground
- All Spices Raw or Dried
- Apple Cider Vinegar
- Cinnamon
- Curry Powder
- Dukkah
- Garlic
- Ginger Raw or Dried
- Mustard Seed, Yellow
- Miso Paste
- Natvia
- Black Tahini
- Mustard
- Raw Tahini Dressing

- Sea Salt
- Stevia Powder
- Sumac
- Tamari
- Un-hulled Tahini
- Xylitol

### Organic Beverages

- Bancha Tea
- Caffeine-Free Chai
- Caffeine-Free Dandelion Tea
- Caffeine-Free Herbal Tea
- Caffeine-Free Green Tea
- Detox Water (Fresh Fruit and Herbs in a Jar)
- Ginseng Tea
- Lemon + Hot Water
- Mineral Water
- Mineral Water with Fresh Mint
- Mineral Water with Fresh Lemon
- Mineral Water with Fresh Ginger
- Purified Water

- Wheat Grass

### Healthy Organic Smoothies

- Organic Sugar-Free Tomato Juice (100mls or less)
- Vegetable Juice (100mls or less)

### Organic Juices

- Green Smoothies
- Kale + Fresh Orange Juice + Chia Meal without Banana

## DETOX ONLY ALLOWABLE FOODS

GREEN GROUP

WEIGHT LOSS IS **NOT** YOUR GOAL? FOLLOW BOTH GREEN + BLUE GROUP

**DETOX RULES:** NO ALCOHOL + NO CAFFEINE + NO SUGAR + NO REFINED SALT + ALLOWED ALL FOOD GROUPS EXCEPT DAIRY + ALL FOODS MUST BE ORGANIC

### Activated Organic Nuts

- Activated Almonds
- Activated Brazil Nuts
- Activated Cashew nuts
- Activated Pecans
- Activated Walnuts
- Macadamias
- Nut Butter Spreads
- Peanut Butter

### Organic Whole & Sprouted Grains

- Amaranth
- Buckwheat
- Brown Rice
- Any Organic Cereal
- Organic Flaxseed Bread
- Quinoa
- Quinoa Porridge (Quinoa Flakes)
- Soybean Spaghetti

### Organic Legumes & Sprouted Legumes

- Black Beans
- Chickpeas
- Kidney Beans
- Lentils
- Lima Beans
- Mixed Sprouts
- Mung Beans
- Sprouted Mung Bean
- Peas
- Sprouted Soybeans

### Organic Dairy-Free Yoghurt

- Coconut Yoghurt Mixed Berry

### Organic Beverages

- Nudie Apple Soda
- Pure Coconut Water

- Fresh Fruit and Veggie Juice
- Almond Milk
- Rice Milk
- Malt Free Soy Milk
- Coconut Milk

### Healthy Organic Smoothies

- Kale + Fresh Orange Juice + Chia Meal with Banana
- Kale + Cucumber + Mango + Mint

### Dessert (optional)

- Raw Coconut Cheesecake
- Raw Banana Cake
- Raw Cacao Chocolate Mousse