

FALL SHOPPING LISTS

excerpted from The Decadent Detox

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the **decadent detox**

#thedecadentdetox

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fall: days 1-5

fresh produce

3 cups arugula
3 asparagus bunches
2 avocados
3 cups baby spinach
3 bananas
4 beets, red
½ cup blueberries
8 brussels sprouts
1 butternut squash (medium)
1 cabbage, red
2 carrots
2 cauliflower heads
1 cucumber (English)
1 fennel bulb (medium)
3 garlic heads
4 inches ginger root
1 green apple (granny smith)
2½ cups green beans
1 green chile
2 green onion bunches
10 lemons
1 lime
6 cups mushrooms
(4 cups shiitake (sub cremini),
2 cups cremini)
3 onions, yellow
2 oranges
2 pears
1 red grapefruit
2 sweet potatoes (medium)
8 tomatoes (medium)
1 zucchini (medium)

frozen produce

2 cups peaches
2 cups blueberries

herbs (fresh, bunch or pack)

1 cilantro
1 mint leaves
4 parsley (flat-leaf)
1 rosemary
1 thyme

pantry

4 tbsp almond butter
3 cups almond milk
(unsweetened)
1 tbsp almonds, raw, sliced
cup almonds (raw)
2 tbsp almonds,
blanched slivered
balsamic vinegar
Bragg liquid aminos
cacao powder
1½ tsp chia seeds
½ cup coconut milk
(unsweetened, in a carton)
coconut oil, virgin
1 cup raw coconut water
(substitute water)
grapeseed oil (sub olive oil)
1 tsp hemp seeds
2 tsp miso paste (sweet white)
5 tbsp nutritional yeast flakes
2 tbsp nuts, raw (pecans
or walnuts)
olive oil, extra-virgin
2 tbsp pumpkin seeds
sesame seed oil, toasted
3 tbsp shredded coconut
stevia, plain
(alcohol-free liquid)
1 cup sunflower seeds (raw)
½ cup tahini
tomato paste
5 cups vegetable broth
1 cup walnuts (raw)

1 gallon filtered water
ice

spices

black pepper
cardamom, ground
cinnamon, ground
red pepper flakes
sea salt (Celtic)
turmeric, ground
vanilla extract, natural

optional ingredients

*(does not include snacks and
drink ingredients)*
cayenne pepper
paprika, smoked (sub sweet)
probiotic powder
(substitute capsules)

fall: days 6-10

fresh produce

3 avocados, medium
6 cups baby spinach leaves
4 beets, red
1 bell pepper, red
½ cup blueberries
1 cantaloupe (medium)
1 cabbage head, green
7 carrots
5 celery ribs
5 cucumbers (English)
½ cup cranberries, fresh
(sub frozen)
½ fennel bulb (medium)
1 garlic head
2-inches ginger root
9 green apples (granny smith)
2 green onion bunches
1 jalapeño pepper
2 kale bunches, curly
9 lemons
5 limes
1 onion, red
2 oranges
1 pomegranate
(sub 1 cup cranberries fresh or frozen)
1 pumpkin or butternut squash (medium)
1 radish bunch, red
1 pack romaine hearts
(3 per pack)
1 serrano chile
½ cup strawberries
8 tomatoes
5 zucchinis

frozen produce

3 cups pineapple

herbs (fresh, bunch or pack)

1 basil
2 cilantro
2 mint
1 oregano (sub dried)
2 parsley (flat-leaf)
1 thyme (sub dried)

pantry

apple cider vinegar
balsamic vinegar
Bragg liquid aminos
1 (13oz) can full-fat coconut milk
(1¾ cups)
coconut oil, virgin
¼ cup raw nuts
(almonds or walnuts)
olive oil, extra-virgin
¼ cup pumpkin seeds (raw)
stevia, plain
(alcohol-free liquid)
⅓ cup sun-dried tomatoes
¼ cup sunflower seeds (raw)
1 gallon filtered water
ice

spices

black pepper, ground
chili powder
cinnamon, ground
cumin, ground
nutmeg, ground
oregano, dried
paprika smoked (sub sweet)
pumpkin pie spice
red pepper flakes
sea salt (Celtic)
thyme, dried
vanilla extract, natural

optional ingredients

(does not include snacks and drink ingredients)
probiotic powder
(substitute capsules)
turmeric, ground

boosters for juices (optional)

apple cider vinegar
balsamic vinegar
2 stalks basil
MCT oil
cayenne pepper
flaxseed oil
2 inches ginger
goji powder
1 lemon
liquid chlorophyll
½ parsley bunch (flat-leaf)
pomegranate powder
probiotic powder
(sub capsules)
wheatgrass powder

***Before shopping, take stock of what you have leftover. You may not need to purchase everything on the list.**

fall: days 11-14

fresh produce

5 avocados
1 cup baby spinach leaves
2 bell peppers, red
½ cup blueberries
1 butternut squash
(medium)
1 cabbage, red
cantaloupe
6 carrots
2 celery ribs
3 cucumbers (English)
1 garlic head
2 inches ginger root
1 green apple (granny smith)
2 green onion bunches
1 honeydew melon (small)
1 kale bunch, curly
7 lemons
5 limes
1 cup mushrooms (any kind)
1 onion, red
1 onion, yellow
1 romaine heart
¼ cup strawberries
4 tomatoes
1 zucchini

frozen produce

3 cups cherries
(substitute raspberries)

herbs (fresh bunch or package)

¼ cup basil
¼ cup cilantro
2 tbsp mint
3 tsp oregano
2 parsley (flat-leaf)
3 tsp thyme

pantry

apple cider vinegar
Bragg liquid aminos
½ cup coconut milk
Dijon mustard
sauerkraut (Bubbie's, or
other fermented, refrigerated)
grapeseed oil (sub olive oil)
miso paste (sweet white)
olive oil (extra-virgin)
2 tbsp pumpkin seeds (raw)
stevia, plain
(alcohol-free liquid)
1½ tbsp sun-dried tomatoes
2¼ cups vegetable broth
1 gallon filtered water
ice

spices

black pepper
cayenne pepper
chili powder
coriander, ground
cumin, ground
red pepper flakes
sea salt (Celtic)
turmeric (ground)

optional ingredients

*(does not include snacks and
drink ingredients)*
cayenne pepper
4 olives, green
probiotic powder
(substitute capsules)

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