

SPRING SHOPPING LISTS

excerpted from The Decadent Detox

BY TESS MASTERS AND KAREN KIPP

the **decadent detox**

#thecadentdetox

© 2018 Liquid Capital LLC

Disclaimer: The author and publisher will not be held liable for the use or misuse of information contained in this document. The information shared here does not replace the guidance of a qualified medical practitioner. Please consult your healthcare professional before following this guidance, particularly if you have existing medical conditions or concerns.

spring: days 1-5

fresh produce

2 artichokes
3 cups arugula leaves
1 asparagus bunch
2 avocados
8 cups baby spinach leaves
3 bananas
2 beets, red
½ cup blueberries
1 broccoli head
1 cabbage, green
1 cabbage, red
8 carrots
2 cauliflower heads
1 celeriac root (large, or 2 small)
1 celery bunch
2 cucumbers, English
3 garlic heads
3-inches ginger root
2½ cups green beans
4 green onion bunches
12 lemons
3 onions, yellow
8 oranges
2 red radishes
2 sweet potatoes (orange-flesh)
8 tomatoes
3 zucchinis

frozen produce

2 cups mixed berries
2 cups peach slices
2 cups, pineapple

herbs (fresh, bunch or pack)

2 basil
1 cilantro
1 mint
4 parsley (flat-leaf)
1 thyme

pantry

4 tbsp almond butter
3 cups almond milk
(unsweetened)
½ cup almonds (raw)
1½ cups almonds
(blanched, slivered)
⅓ cup almonds (raw, sliced)
½ cup apricots, dried
apple cider vinegar
2 tbsp cacao powder
1½ tbsp chia seeds
½ cup coconut milk
(unsweetened, in carton)
coconut oil, virgin
10 dates
grapeseed oil (sub olive oil)
1 tsp hemp seeds
miso paste (sweet white)
2 tbsp nuts: raw pecans
or walnuts
1 cup nuts mixed:
almonds, walnuts, pecans
olive oil, extra-virgin
2 tbsp pumpkin seeds (raw)
½ cup raisins
½ cup shredded coconut
(unsweetened)
stevia, plain
(alcohol-free liquid)
¼ cup sunflower seeds (raw)
14 cups vegetable broth
1 gallon filtered water
ice

spices

almond extract, natural
black pepper, ground
⅓ tsp cardamom, ground
red pepper flakes
sea salt (Celtic)
vanilla extract, natural

optional ingredients

*(does not include snacks and
drink ingredients)*
cayenne pepper
probiotic power
(substitute capsules)

spring: days 6-10

fresh produce

4 avocados
2 baby bok choy
2 cups baby spinach leaves
2 bananas
3 beet, red
½ bell pepper, red
½ cup blueberries
1 cup cabbage, green
7 carrots (medium)
1 cup cauliflower florets
7 celery ribs
8 cucumbers (English)
1 garlic head
2-inches ginger root
7 green apple (granny smith)
1 green chile
2 kale bunches, curly
7 lemons
5 limes
1 onion, red
3 oranges
1 pineapple
1 cup raspberries
1 romaine heart
2 cups strawberries
1 cup sugar snap peas
(substitute zucchini)
1 sweet potato
1 tangerine
(substitute clementine)
6 tomatoes
1-inch turmeric root
3 zucchinis

herbs (fresh, bunch or pack)

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

pantry

½ cup almond milk
(unsweetened)
1 tbsp almonds (raw, sliced)
balsamic vinegar
1 tbsp chia seeds
1 tbsp flax meal
(or grind flax seeds)
1 tbsp hemp seeds
olive oil (extra-virgin)
stevia, plain
(alcohol-free liquid)
⅓ cup sun-dried tomatoes
(no oil)
1 tbsp walnuts (walnuts)
1 gallon filtered water
ice

spices

black pepper
cayenne pepper
cumin, ground
oregano, dried
paprika, sweet
red pepper flakes
sea salt (Celtic)
thyme, dried
vanilla extract

optional ingredients

(does not include snacks and drink ingredients)
cayenne pepper
1-inch Jerusalem artichoke
probiotic powder
(substitute capsules)
1 zucchini

boosters for juices (optional)

apple cider vinegar
balsamic vinegar
¼ cup basil (fresh)
cayenne pepper
1-inch ginger root
1-jalapeño chile
2-inches Jerusalem artichoke
root
1 mint leaves bunch
½-inch turmeric root

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

spring: days 11-14

fresh produce

1 asparagus bunch (10-15 stalks)
2 avocados
4 baby bok choy
4 cups baby spinach leaves
1 beet, red
½ bell pepper, red
¾ cup blueberries
1 carrot
2 cauliflower heads
2 celery ribs
1½ cucumber (English)
4 garlic cloves
4 inches ginger root, fresh
3 green apples (granny smith)
1½ cups green beans
2 green onions (not bunches)
1 kale bunch, curly
6 lemons
4 limes
2 onions, red
2 onions, yellow
1 romaine heart
1 serrano chile
1½ cups strawberries
1¼ cup sugar snap peas
(substitute 1 large zucchini)
¼ sweet potato
1 tomato
½ zucchini

frozen produce

3 cups cherries
(substitute raspberries)
3 cups pineapple

herbs (fresh, bunch or pack)

1 basil
¼ cup cilantro
1 tsp mint leaves
2 tsp parsley (flat-leaf)

pantry

apple cider vinegar
balsamic vinegar
Bragg liquid aminos
1 (13oz) can full-fat coconut
milk (1¾ cup)
coconut oil, virgin
Dijon mustard
⅓ cup dried apricots
sauerkraut (Bubbe's or
other fermented, refrigerated)
miso paste (sweet white)
5 tbsp nutritional yeast flakes
olive oil, extra-virgin
2 tbsp sesame oil, toasted
stevia, plain
(alcohol-free liquid)
1 cup sunflower seeds,
raw
¼ cup tahini
2 cups vegetable broth
½ cup walnuts (raw)
1 gallon filtered water
ice

spices

black pepper
red pepper flakes
sea salt (Celtic)
turmeric, ground

optional ingredients

*(does not include snacks and
drink ingredients)*
2 tbsp gomasio
(substitute sesame seeds)
grapeseed oil
4 green olives, pitted
turmeric, ground
probiotic powder
(substitute capsules)
¼ cup sunflower seeds (raw)
paprika, smoked (sub sweet)

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