

WINTER SHOPPING LISTS

excerpted from The Decadent Detox

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the **decadent detox**

#thedecadentdetox

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winter: days 1-5

fresh produce

2 avocados (medium)
3 cups baby spinach leaves
1 banana (medium)
4 beets, red (medium)
½ cup blueberries, fresh
8 brussels sprouts
1 fennel bulb
1 butternut squash (medium)
12 carrots (medium)
2 cauliflower heads
1 celery bunch
1 cucumber (English)
2 garlic heads
6-inch piece ginger root, fresh
1 green apple (granny smith)
1 cabbage, green
1 chile, green
1 grapefruit, red
3 green onion bunches
1 kale bunch, curly
1 kale bunch, dino
7 lemons
2 limes
4 cups mushrooms
(shiitakes, sub baby bella)
1 onion, red (medium)
2 onions, yellow (medium)
4 oranges (medium)
2 pears (medium, ripe)
12 tomatoes (medium)
2 sweet potatoes, medium
1 zucchini (medium)

frozen produce

2 cups mango
2 cups peaches
2 cups blueberries

herbs (fresh, bunch or pack)

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

pantry

2 tbsp almond butter (raw)
2 cups almond milk
(unsweetened)
1 tbsp almonds (raw, sliced)
¼ cup almonds
(blanched, slivered)
1 cup almonds (raw)
apple cider vinegar
Bragg Liquid Aminos
cacao powder
2½ tbsp chia seeds
1 tbsp coconut butter
½ cup coconut milk
(full-fat canned)
coconut oil, extra virgin
⅓ cup coconut shredded
(unsweetened)
3 cups raw coconut water
(sub filtered water)
9 dates, pitted
1 tsp hemp seeds
olive oil (extra-virgin)
1 cup nuts, walnuts or pecans
2 tbsp pumpkin seeds (raw)
¼ cup raisins
sesame oil, toasted
1 tsp shredded coconut
(unsweetened)
stevia, plain (alcohol-free liquid)
¼ cup tahini
8 cups vegetable broth
1 gallon filtered water
ice

spices

1 bay leaf
cardamom, ground
cayenne pepper, ground
cinnamon, ground
cloves, ground
coriander, ground
nutmeg, ground
red pepper flakes
sea salt (Celtic)
turmeric, ground
vanilla extract, natural

optional ingredients

*(does not include snacks and
drink ingredients)*
cayenne pepper
cinnamon, ground
1-inch piece ginger root, fresh
grapeseed oil
½ cup Jerusalem artichoke
probiotic powder (sub capsules)
wheatgrass powder

winter: days 6-10

fresh produce

4 cups arugula (sub spinach)
5 avocados (medium)
5 cups baby spinach leaves
1 banana (medium)
2 beets, red (medium)
1 broccoli head (small, 2 cups)
1 cup butternut squash
1 cabbage, green
1 cantaloupe (medium)
7 carrots (medium)
4 celery ribs
2 clementines
6 cucumbers (English)
1 fennel bulb (medium)
1 garlic head
3-inch piece ginger root, fresh
2 grapefruits, red
9 green apples (granny smith)
1 green onion bunch
1 kale bunch, curly
8 lemons
1 lime
1 onion, red (medium)
2 oranges (medium)
1 pear (ripe, medium)
2 radishes, red
2 romaine hearts
1 serrano chile
1 swiss chard leaf
4 tomatoes (medium)
2 zucchinis (medium)

herbs (fresh, bunch or pack)

1 cilantro
1 oregano
2 parsley (flat-leaf)
1 sprig rosemary
1 thyme

pantry

2 cups almond milk
(unsweetened)
¼ cup almonds (raw, sliced)
apple cider vinegar
Bragg Liquid Aminos
4 dates, fresh
Dijon mustard
miso paste, white
nutritional yeast flakes
¼ cup nuts (almonds or walnuts)
olive oil (extra-virgin)
¼ cup pumpkin seeds (raw)
stevia, plain (alcohol-free liquid)
1 cup sunflower seeds (raw)
1 gallon filtered water
ice

spices

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

optional ingredients

(does not include snacks and drink ingredients)
cayenne pepper
1 jalapeño
probiotic powder (substitute capsules)

boosters for juices (optional)

apple cider vinegar
1 celery rib
¼ cup raw coconut water
(sub filtered water)
¼ cup fennel bulb
2-inch piece ginger root, fresh
1-inch Jerusalem artichoke
1 mint leaves bunch
3-inch piece turmeric root, fresh
vanilla extract (natural)

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

winter: days 11-14

fresh produce

5 avocados (medium)
1 cup baby spinach leaves
1 cup berries of choice
2 heads broccoli (5 cups)
1 cabbage, red
1 carrot (medium)
2 celery ribs
2 cucumbers (English)
1 garlic head
1 green apple (granny smith)
2 green onion bunches
1 honeydew melon (medium)
1 kale bunch, curly
8 lemons
2 limes
1 onion, red (medium)
1 onion, yellow (medium)
2 oranges (medium)
1 romaine heart
2 sweet potatoes (medium)
1 tomato (medium)
1 zucchini (medium)

frozen produce

2 cups mixed berries

herbs (fresh, bunch or pack)

2 basil
1 cilantro
1 mint leaves
2 parsley (flat leaf)

pantry

2 tbsp almond butter (raw)
2 tbsp almonds, sliced (raw)
apple cider vinegar
Dijon mustard
fermented sauerkraut
(Bubbe's brand or other
fermented, refrigerated)
miso paste, white
olive oil (extra virgin)
stevia, plain (alcohol-free liquid)
5 cups vegetable broth
1 gallon filtered water
ice

spices

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

optional ingredients

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

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