

21-Day Detox Challenge Grocery Shopping List

Protein

Seafood

- Salmon
- Shrimp
- Cod
- Scallops
- Crab
- Tuna

Meats

- Beef
- Buffalo
- Lamb
- Elk
- Venison

- Turkey
- Duck
- Pheasant

○ Eggs

The Other White Meat

- Pork
- Bacon

Poultry

- Chicken

Vegetables

- Acorn Squash
- Anise/Fennel Root
- Arugula
- Asparagus
- Beets
- Bell Peppers
- Bok Choy
- Broccoli/Broccolini
- Broccoli Rabe
- Brussels Sprouts
- Buttercup Squash
- Butternut Squash
- Cabbage

- Carrots
- Cauliflower
- Celery
- Collard
- Cucumber
- Delicata Squash
- Eggplant
- Garlic
- Green Beans
- Greens (beet, mustard, turnip)
- Jicama
- Kale

- Kohlrabi
- Leeks
- Lettuce (bibb, butter, red)
- Mushrooms
- Okra
- Onion/Shallots
- Parsnips
- Pumpkin
- Radish
- Rutabaga
- Rhubarb

- Snow/Sugar Snap Peas
- Spaghetti Squash
- Spinach
- Sprouts
- Summer Squash
- Sweet Potato/Yams
- Swiss Chard
- Tomato
- Turnip
- Watercress
- Zucchini

Fruits

- Apples
- Apricots
- Bananas
- Blackberries
- Blueberries
- Cherries
- Grapefruit

- Grapes
- Kiwi
- Lemon
- Lime
- Mango
- Melon
- Nectarines

- Oranges
- Papaya
- Peaches
- Pears
- Pineapple
- Plum
- Pomegranate

- Raspberries
- Strawberries
- Tangerines
- Watermelon

Fats

Cooking Fats

- Animal Fats*
- Clarified Butter*
- Ghee*
- Coconut Oil
- Extra Virgin Olive Oil

*Must be pastured or 100% grass-fed and organic

Eating Fats

- Avocado
- Cashews

- Coconut Butter
- Coconut Meat/Flakes
- Coconut Milk (canned)
- Hazelnuts/Filberts
- Macadamia Nuts
- Macadamia Butter

Occasional

- Almonds
- Almond Butter
- Brazil Nuts
- Pecans
- Pistachio

Limited

Flax Seeds

Pine Nuts

Pumpkin Seeds

Sesame Seeds

Sunflower Seeds

Sunflower Seed Butter

Walnuts