

I AM PURE

DETOX GROCERY LIST

LEAN PROTEIN

- Chicken Breasts
- Egg Whites
- Eggs, Whole
- Ground Turkey
- Kefir
- Nonfat Cottage Cheese
- Nonfat Greek Yogurt
- Silken Tofu
- Toni's Protein Meal Bars
- Toni's Protein Meals
- Whey Protein Powder
- Wild Salmon
- Other: _____

COMPLEX CARBS | FRUITS

- Apple
- Avocado
- Banana
- Blackberries
- Blueberries
- Dried Coconut (unsweetened)
- Dried Cranberries
- Lemons
- Limes
- Pomegranate Seeds
- Raspberries
- Strawberries

COMPLEX CARBS | VEGGIES

- Beets
- Broccoli
- Brussels Sprouts
- Carrots
- Celery
- English Cucumber
- Fennel
- Fresh Parsley
- Frozen Peas
- Garlic

- Green Beans
- Mixed Greens
- Onions (White & Red)
- Red Bell Pepper
- Spinach (fresh & frozen)
- Tomatoes
- White Cabbage
- Yams
- Zucchini

COMPLEX CARBS | GRAINS

- Brown Rice
- Ezekiel Bread
- Quinoa
- Whole Wheat Tortillas

HERBS & SPICES

- Cayenne
- Celery Seed
- Cilantro
- Cumin
- Fresh Basil
- Fresh Ginger
- Fresh Mint
- Garlic Powder
- Ground Cinnamon
- Himalayan Sea Salt
- Kirkland Sweet Mesquite Seasoning
- Onion Powder
- Parmesan Cheese
- Red Pepper Flakes
- Salt & Pepper
- Turmeric

BEVERAGES

- Almond Milk
- Coconut Milk
- Coconut Water
- Filtered Water
- Sparkling Water

HEALTHY FATS

- Almond Meal
- Avocado Oil
- Chia Seeds
- Extra Virgin Olive Oil
- Flaxseed Meal
- Flaxseed Oil
- Parmesan Cheese
- Pepitas (Pumpkin Seeds)
- Slivered Almonds
- Sugar-free, Dark Chocolate

HELPFUL SUPPLEMENTS

- Barley Grass
- Collagen Peptides
- Digestive Enzymes
- Probiotic Capsule
- Sea Veggies, Dulse
- Spirulina

PANTRY ITEMS

- Balsamic Vinegar
- Black Beans
- Chia Seeds
- Garbanzo Beans
- Honey
- Low-Sodium Chicken Broth
- Non-Caloric Natural Sweetener, such as Monkfruit + Stevia
- Apple Cider Vinegar
- Red Wine Vinegar
- Salsa
- Tomato-based, Low-Sodium Vegetable Juice, Organic
- Unsweetened Cocoa Powder
- Vanilla Extract
- Whole Wheat Tortillas