

Shopping List

(not including chicken or vegetable stock)

Days 1-5

Fruit	Vegetables	Meat & Fish	Seeds, Nuts, Grains & Dry Goods	Other
<ul style="list-style-type: none"> <input type="checkbox"/> 5 apples <input type="checkbox"/> 1/2 pineapple <input type="checkbox"/> 2 pears <input type="checkbox"/> 9 lemon <input type="checkbox"/> 1 lime <input type="checkbox"/> 1/2 pomegranate <input type="checkbox"/> mixed berries <input type="checkbox"/> 125g raspberries <input type="checkbox"/> 2 inch ginger <input type="checkbox"/> 1/2 grapefruit <input type="checkbox"/> 3 avocado <input type="checkbox"/> 1/2 tomatoe 	<ul style="list-style-type: none"> <input type="checkbox"/> 1 bag kale <input type="checkbox"/> 14 asparagus spears <input type="checkbox"/> 100g sprouting broccoli <input type="checkbox"/> 1 broccoli <input type="checkbox"/> 2 red onion <input type="checkbox"/> 8 carrot <input type="checkbox"/> 3 cucumber <input type="checkbox"/> 12 celery sticks <input type="checkbox"/> 2 red onion <input type="checkbox"/> 3 white onion <input type="checkbox"/> 1/4 red cabbage <input type="checkbox"/> 1 parsnip <input type="checkbox"/> 5 handful spinach – 250g <input type="checkbox"/> 1 handful watercress <input type="checkbox"/> 1/2 courgette <input type="checkbox"/> 2 Bulb of fennel <input type="checkbox"/> 20 sugar snap peas <input type="checkbox"/> 1/2 acorn squash <input type="checkbox"/> 2 portabello mushroom <input type="checkbox"/> 3 spring onion <input type="checkbox"/> 1 raw beetroot <input type="checkbox"/> 135g rocket <input type="checkbox"/> 25g sprouted mung beans <input type="checkbox"/> 1 head chicory <input type="checkbox"/> 3 stalks collard greens <input type="checkbox"/> 2 green bell peppers <input type="checkbox"/> 1 cauliflower <input type="checkbox"/> 80g fine green beans <input type="checkbox"/> 75g mixed salad leaves <input type="checkbox"/> 1 bunch dandelion greens <input type="checkbox"/> 150g sweet potatoe 	<ul style="list-style-type: none"> <input type="checkbox"/> 1 organic free range chicken breast <input type="checkbox"/> 1 salmon fillet <input type="checkbox"/> 4 eggs <p>Tinned Goods:</p> <ul style="list-style-type: none"> <input type="checkbox"/> 1/4 tin cannellini beans <input type="checkbox"/> 100g kalamata olives pitted 	<ul style="list-style-type: none"> <input type="checkbox"/> 5 tsp sunflower seeds <input type="checkbox"/> 25g walnut halves <input type="checkbox"/> 1 tsp ground flaxseeds <input type="checkbox"/> 1.5 cup quinoa <input type="checkbox"/> 10g buckwheat flour <input type="checkbox"/> 2 tsp pumpkin seeds <input type="checkbox"/> 140g chickpeas <input type="checkbox"/> 50g red rice <input type="checkbox"/> 2tsp linseeds <input type="checkbox"/> 2 tsp hemp seeds <input type="checkbox"/> 2 tsp pine nuts <input type="checkbox"/> 1.5 tbsp chia seeds <input type="checkbox"/> 50g red lentils <input type="checkbox"/> 2 tbsp coconut flour <p>Spices & Spices</p> <ul style="list-style-type: none"> <input type="checkbox"/> himalayan salt/sea salt <input type="checkbox"/> ground black peppercorns <input type="checkbox"/> 1 tsp ground cinnamon <input type="checkbox"/> 1 tsp vanilla <input type="checkbox"/> 2 bunch coriander <input type="checkbox"/> 3 bunch parsley <input type="checkbox"/> 12 cloves garlic <input type="checkbox"/> 1/4 tsp dried basil <input type="checkbox"/> 8 sprigs mint <input type="checkbox"/> 8 sprigs fresh basil <input type="checkbox"/> 2 pinch cayenne pepper <input type="checkbox"/> 3 tsp ground cumin <input type="checkbox"/> 2 tsp fresh sage <input type="checkbox"/> red pepper flakes <input type="checkbox"/> 2 star anise <input type="checkbox"/> 1 sprig thyme <input type="checkbox"/> 1/2 tsp paprika 	<ul style="list-style-type: none"> <input type="checkbox"/> coconut oil <input type="checkbox"/> virgin Olive oil <input type="checkbox"/> 1 tbsp balsamic vinegar <input type="checkbox"/> 1 cup almond milk <input type="checkbox"/> 1/2 cup coconut milk <input type="checkbox"/> 5 tsp smooth almond nut butter <input type="checkbox"/> apple cider wine vinegar <input type="checkbox"/> 4 tbsp flaxseed oil <input type="checkbox"/> 2 tbsp tahini <input type="checkbox"/> apple cider vinegar <p>Supplements</p> <ul style="list-style-type: none"> <input type="checkbox"/> Detox Formula <input type="checkbox"/> Milk Thistle <input type="checkbox"/> Psyllium Husk <input type="checkbox"/> Ground Flaxseeds <input type="checkbox"/> Detoxitea <input type="checkbox"/> Kelp Powder or Hebridean Seagreen capsules

Shopping List

(not including chicken or vegetable stock)

Days 6-9

Fruit	Vegetables	Meat & Fish	Seeds, Nuts, Grains & Dry Goods	Other
<input type="checkbox"/> 2 granny smith apple <input type="checkbox"/> 6 lemon <input type="checkbox"/> 4 pear <input type="checkbox"/> 5 inch fresh ginger <input type="checkbox"/> 3 lime <input type="checkbox"/> 1/2 pineapple <input type="checkbox"/> 3 apple <input type="checkbox"/> 5 avocado	<input type="checkbox"/> 8 asparagus spears <input type="checkbox"/> 18 carrot <input type="checkbox"/> 4 cucumber <input type="checkbox"/> 13 celery sticks <input type="checkbox"/> 2 red onion <input type="checkbox"/> 1/2 butternut squash <input type="checkbox"/> 4 beetroot <input type="checkbox"/> 4 white onion <input type="checkbox"/> 1/2 green cabbage <input type="checkbox"/> 2 cm sliced fennel <input type="checkbox"/> 3 handful spinach – 150g <input type="checkbox"/> 1 handful watercress <input type="checkbox"/> 1 parsnip <input type="checkbox"/> 1/2 courgette <input type="checkbox"/> 20 sugar snap peas		<input type="checkbox"/> 4 tbsp chia seeds <input type="checkbox"/> 120g chickpeas <input type="checkbox"/> 60g red lentils Spices & Spices <input type="checkbox"/> himalayan salt/sea salt <input type="checkbox"/> ground black peppercorns <input type="checkbox"/> 4 cloves garlic <input type="checkbox"/> 1.5 bunch coriander <input type="checkbox"/> 1 bunch parsley <input type="checkbox"/> 2 cinnamon stick <input type="checkbox"/> 1/2 tsp nutmeg <input type="checkbox"/> 3/4 tsp turmeric <input type="checkbox"/> 4 sprigs mint	<input type="checkbox"/> coconut oil <input type="checkbox"/> virgin olive oil <input type="checkbox"/> 1 tbsp tahini <input type="checkbox"/> 250ml unsweetened almond milk Supplements <input type="checkbox"/> Detox Formula <input type="checkbox"/> Milk Thistle <input type="checkbox"/> Psyllium Husk <input type="checkbox"/> Ground Flaxseeds <input type="checkbox"/> Detoxitea <input type="checkbox"/> Napiers Pea protein powder <input type="checkbox"/> Napiers Supergreen powder <input type="checkbox"/> Kelp Powder or Hebridean Seagreen capsules

Shopping List

(not including chicken or vegetable stock)

Days 10-14

Fruit	Vegetables	Meat & Fish	Seeds, Nuts, Grains and dry goods	Other
<ul style="list-style-type: none"> <input type="checkbox"/> mixed berries <input type="checkbox"/> 1/4 pineapple <input type="checkbox"/> 3 inch ginger <input type="checkbox"/> 125g Raspberries <input type="checkbox"/> 9 lemon <input type="checkbox"/> 5 apples <input type="checkbox"/> 1/2 grapefruit <input type="checkbox"/> 1 apple <input type="checkbox"/> 1/4 lime <input type="checkbox"/> 1/4 pineapple <input type="checkbox"/> 3 avocado <input type="checkbox"/> 1/2 tomatoe <input type="checkbox"/> 1/2 pomegranate 	<ul style="list-style-type: none"> <input type="checkbox"/> 1 spring onion <input type="checkbox"/> 14 asparagus spears <input type="checkbox"/> 11 carrot <input type="checkbox"/> 3 cucumber <input type="checkbox"/> 15 celery sticks <input type="checkbox"/> 3 raw beetroot <input type="checkbox"/> 1/2 fennel bulb <input type="checkbox"/> 25g sprouted mung beans <input type="checkbox"/> 1 head chicory <input type="checkbox"/> 2 green bell peppers <input type="checkbox"/> 3 stalks collard greens <input type="checkbox"/> 3 handfuls of spinach – 150g <input type="checkbox"/> 3 red onion <input type="checkbox"/> 75g mixed salad leaves <input type="checkbox"/> 8 handfuls kale leaves <input type="checkbox"/> 1 bunch dandelion greens <input type="checkbox"/> 1/2 green cabbage <input type="checkbox"/> 1 cm slice fennel <input type="checkbox"/> 2 handful watercress <input type="checkbox"/> 1/4 red cabbage <input type="checkbox"/> 100g sprouting broccoli <input type="checkbox"/> 3 leeks <input type="checkbox"/> 4 broccoli <input type="checkbox"/> 1 courgette <input type="checkbox"/> 1 onion 	<ul style="list-style-type: none"> <input type="checkbox"/> 4 eggs <input type="checkbox"/> 1 organic free range chicken breast <input type="checkbox"/> 1 salmon fillet <p style="text-align: center; margin-top: 20px;">Tinned Goods:</p> <ul style="list-style-type: none"> <input type="checkbox"/> 50g kalamata olives pitted <input type="checkbox"/> 1/2 tin cannellini beans 	<ul style="list-style-type: none"> <input type="checkbox"/> 60g chickpeas <input type="checkbox"/> 10g buckwheat flour <input type="checkbox"/> 3 tsp sunflower seeds <input type="checkbox"/> 4 tsp pumpkin seeds <input type="checkbox"/> 50g red rice <input type="checkbox"/> 2tsp linseeds <input type="checkbox"/> 2 tsp hemp seeds <input type="checkbox"/> 2 tsp pine nuts <input type="checkbox"/> 1.5 tbsp chia seeds <input type="checkbox"/> 1/2 tsp ground flaxseeds <input type="checkbox"/> 1 cup quinoa <p style="text-align: center; margin-top: 20px;"><input type="checkbox"/></p> <p style="text-align: center;">Spices & Spices</p> <ul style="list-style-type: none"> <input type="checkbox"/> Himalayan salt/sea salt <input type="checkbox"/> 1 tsp vanilla <input type="checkbox"/> ground black peppercorns <input type="checkbox"/> 12 cloves garlic <input type="checkbox"/> 1/2 tsp dried basil <input type="checkbox"/> 4 sprigs mint <input type="checkbox"/> 8 sprigs fresh basil <input type="checkbox"/> 1 pinch cayenne pepper <input type="checkbox"/> 1 tsp ground cinnamon <input type="checkbox"/> 4 bunch parsley <input type="checkbox"/> 1 bunch coriander <input type="checkbox"/> 1 sprig thyme <input type="checkbox"/> red pepper flakes <input type="checkbox"/> 2 sprig rosemary <input type="checkbox"/> 1 bay leaf 	<ul style="list-style-type: none"> <input type="checkbox"/> 5 tsp smooth almond nut butter <input type="checkbox"/> coconut oil <input type="checkbox"/> 1/2 tsp baking powder <input type="checkbox"/> virgin olive oil <input type="checkbox"/> 3 tbsp tahini <input type="checkbox"/> 6 tbsp flaxseed oil <input type="checkbox"/> apple cider vinegar <input type="checkbox"/> apple cider wine vinegar <input type="checkbox"/> 1 cup almond milk <input type="checkbox"/> 1/2 cup coconut milk <input type="checkbox"/> 1 tbsp balsamic vinegar <p style="text-align: center; margin-top: 20px;">Supplements</p> <ul style="list-style-type: none"> <input type="checkbox"/> Detox Formula <input type="checkbox"/> Milk Thistle <input type="checkbox"/> Psyllium Husk <input type="checkbox"/> Ground Flaxseeds <input type="checkbox"/> Detoxitea <input type="checkbox"/> Kelp Powder or Hebridean Seagreen capsules