

# 3 day detox grocery list

## Breakfast, Lunch, & Dinners

- arugula
- fresh basil
- cherry tomatoes
- cucumbers
- baby spinach
- avocado
- lemons
- parsley
- sweet mini peppers
- bananas
- canned chickpeas
- frozen pineapple
- frozen mixed berries
- quinoa
- sesame seeds
- chia seeds
- flax seeds
- nuts - cashews,  
almonds, walnuts

## Snacks & Desserts

- fresh fruit
- \*dates
- \*coconut shreds
- \*full fat canned coconut milk
- \*cinnamon + nutmeg
- \*vanilla extract
- \*coconut oil
- \*juicing pulp
  
- \*dessert ingredients  
optional

## Notes

This is a detox for one person, but you can do it for more. Amount of ingredients is not listed for this reason. Get as much as you see fit for the amount of people participating and for the amount of days.