

# The Detox 2020

## Shopping List

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### Produce:

- 3 yellow onions
- 2 red onions
- 2 shallots
- 3 heads garlic
- 2 4-inch pieces ginger
- 1 bunch cilantro
- 1 bunch parsley
- 1 bunch mint
- 1 bunch tarragon
- 1 bunch dill
- 1 bunch basil
- 1 bunch thyme
- 1 bunch scallions
- 8 lemons
- 2 limes
- 1 avocado
- 1 Persian cucumber
- 1 bunch carrots
- 1 bulb fennel
- 1 bunch radishes
- 2 heads butter lettuce
- 8 ounces snap peas
- 1 head cauliflower
- 1 cabbage (green or Savoy)
- 1 medium butternut squash
- 4 ounces maitake mushrooms
- 2 sweet potatoes
- 1 bunch Tuscan kale
- ½ pound arugula
- 1 pound spinach

### Perishables:

- Frozen coconut meat
- 1 3-pound chicken
- 1 ¾-pound salmon fillet
- 2 quarts chicken stock
- 2 quarts vegetable stock
- Fabanise or soy-free veganaise

### Pantry:

- Almond butter
- 1 small can pumpkin purée
- Tahini
- 2 12-ounce packs kelp noodles
- 1 can chickpeas
- Roasted salted pistachio meats
- Roasted salted pepitas
- Raw cashews (use raw for the butternut soup, then toast in a 350°F oven for 15 minutes for the goop gorp)
- Cacao nibs
- Dried tart cherries (look for sugar free)
- Dried white mulberries
- Hu Chocolate Gems (or another low-sugar, dairy-free dark chocolate)
- Grain-free tortillas
- Red curry paste

### Pantry Stuff You Might Already Have:

- Salt: kosher, flaky, and pink Himalayan (optional)
- Extra virgin olive oil
- Sunflower-seed oil
- Cinnamon
- Cardamom
- Black peppercorns
- Coriander seeds
- Turmeric
- Sesame seeds
- Reduced-sodium tamari
- Coconut aminos
- Quinoa
- Brown rice

### Optional:

- Raw veggies of your choice for snacking on with your dips (we like cucumbers, carrots, radishes, jicama, and snap peas)
- Extra lemons for lemon water in the mornings