

# 10 DAY DETOX GROCERY LIST

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## FRUIT

- Berries (Fresh & Frozen)
- Apples
- Melon
- Bananas
- Grapefruit
- Oranges
- Avocado
- Lemons & Limes
- Mango
- Kiwi

(Buy whatever is in season!)

## VEGETABLES

- Romaine Lettuce
- Spinach
- Kale
- Arugula
- Broccoli
- Cucumber
- Squash
- Onions
- Carrots
- Asparagus
- Sweet Potatoes
- Zucchini
- Tomato
- Mushrooms
- Cauliflower (& Cauli Rice)
- Micro Greens
- Beets

(The more the merrier!!!)

## GRAINS & OATS

- Quinoa
- Steel Cut Oats
- White Rice

## PROTEIN

- Plant Based Protein Powder
- Chicken Breast
- Lean Ground Turkey
- Salmon
- White Fish (Tilapia, Mahi Mahi)
- Shrimp
- Collagen Peptides

## RAW NUTS, OILS & SEEDS

- Extra Virgin Olive Oil
- Avocado Oil
- Almonds
- Sunflower Seeds
- Pumpkin Seeds
- Pistachios
- Cashews
- Peanuts
- Chia Seeds

## CANNED GOODS

- Black Beans
- Garbanzo Beans
- Lentils
- Vegetable or Chicken Stock  
(No Salt Added)

## DAIRY SUBSTITUTES

- Unsweetened Almond Milk

## SNACKS & MISCELLANEOUS

- RX Bars
- Hummus
- Hot Sauce
- Honey/Agave
- Garlic
- Spices & Fresh Herbs
- Kombucha
- Green Tea
- Apple Cider Vinegar
- Red Wine Vinegar

## ADDITIONAL ITEMS

- Chili toppings (jalapenos, chives, red onion)
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