

# Detox

## Shopping List

Everything on the list can be found organic except from some herbs and the wild ingredients.

### Supplements

The Organic Pharmacy 10 Day Detox kit

### Cooking Ingredients

Apple cider vinegar  
Baking powder  
Buckwheat flour  
Coconut flour  
Coconut oil  
Extra virgin olive oil  
Garlic  
Mustard  
Red chilli  
Vanilla extract  
Whole wheat flour

## Dairy

Butter  
Eggs  
Feta  
Parmesan  
Plain Greek yoghurt  
Skimmed milk

## Carbohydrate

Agar Agar  
Almond milk  
Brown rice bread crumbs  
Buckwheat noodles  
Granola ( no added sugar )  
Honey  
Parsnip  
Quinoa  
Sweet potato  
Swede  
Wholemeal pitta bread

## Pulses

Chickpeas  
Frozen edamame  
Green lentils

## Fruits

Apple  
Avocado  
Bananas  
Berries in season  
Dried Goji Berries  
Lime  
Lemon  
Vine cherry tomatoes

## Vegetables

Alfalfa sprouts  
Broccoli  
Carrot  
Cauliflower  
Celery  
Courgettes  
Cucumber  
Fresh red chillies  
Gem Lettuce  
Ginger  
Green chillies  
Kale  
Potato  
Pumpkin  
Rocket  
Spring onions  
Shiitake mushrooms  
Wild mushroom  
Winter greens

## Fresh Herbs

Parsley  
Mint  
Coriander  
Rosemary  
Thyme  
Turmeric root

## Protein

Bresaola  
Ground Almonds  
Chicken liver  
Chicken slices  
Chicken thighs  
Lamb mince  
Wild Salmon

## Miscellaneous

Amaranth  
Chickpea flour  
Coconut milk  
Coconut rice milk  
Miso paste  
Red wine  
Vegetable stock cubes low salt