

# The 2017 Annual goop Detox Shopping List

## PROTEIN/REFRIGERATED

- ☐ ½ whole organic chicken
- ☐ 1 5- to 6-ounce salmon fillet
- ☐ 1 pound ground dark meat turkey
- ☐ Eggs
- ☐ White miso

## PANTRY

- ☐ Coconut sugar
- ☐ Gluten-free oats
- ☐ Gluten-free tamari
- ☐ Coconut aminos
- ☐ Red Boat fish sauce
- ☐ Sunbutter
- ☐ Almond butter
- ☐ Black and/or white sesame seeds
- ☐ Coconut nectar
- ☐ Capers
- ☐ Puy lentils
- ☐ Red lentils
- ☐ 1 15-ounce can black beans
- ☐ 1 15-ounce can pinto beans
- ☐ 1 15-ounce can kidney beans
- ☐ 1 6-ounce tin good quality olive oil packed tuna
- ☐ Pitted oil-cured black olives (or whatever olives you like)

## PRODUCE

- ☐ 3 Fuji apples
- ☐ 3 bunches scallions
- ☐ 3 heads of garlic
- ☐ 1 large knob fresh ginger
- ☐ 1 head green cabbage
- ☐ 3 limes
- ☐ 4 lemons
- ☐ 1 heart romaine lettuce
- ☐ 1 small head radicchio
- ☐ 1 cup baby arugula leaves
- ☐ 1 bunch collard greens
- ☐ 1 head baby bok choy
- ☐ ¼ cup snap peas
- ☐ ½ cup green beans
- ☐ 4 medium carrots
- ☐ 2 Persian cucumbers
- ☐ 1 small kohlrabi or daikon
- ☐ 1 serrano chili (optional)
- ☐ 1 bunch fresh cilantro
- ☐ 1 bunch fresh mint leaves
- ☐ 1 bunch fresh Thai (or regular) basil
- ☐ 1 bunch fresh parsley
- ☐ 2 stalks celery
- ☐ 3 yellow onions
- ☐ 1 small red onion
- ☐ 1 small shallot
- ☐ 2 avocados
- ☐ 6 Japanese (or regular) sweet potatoes
- ☐ 2 regular sweet potatoes

## SPICES

- ☐ Black peppercorns
- ☐ Ground cinnamon
- ☐ Ground cloves
- ☐ Ground cardamom
- ☐ Ground turmeric
- ☐ Ground nutmeg
- ☐ Chili powder
- ☐ Ground cumin
- ☐ Sweet paprika
- ☐ Cayenne pepper
- ☐ Chili flakes
- ☐ Star anise pods

## OILS AND VINEGARS

- ☐ Olive oil
- ☐ Toasted sesame oil
- ☐ Rice vinegar
- ☐ Apple cider vinegar
- ☐ Good balsamic vinegar

## BULK SECTION

- ☐ 2 pitted dates
- ☐ Walnuts (¼ cup + 1 cup)
- ☐ ⅓ cup pumpkin seeds
- ☐ ⅓ cup whole raw almonds
- ☐ ⅓ cup shredded coconut
- ☐ ⅓ cup flax seeds

## SPECIALTY

- ☐ Sun Potion Astragalus
- ☐ Sun Potion Reishi
- ☐ Sun Potion Tocos

## WEDNESDAY'S POST-WORK SHOPPING LIST:

- ☐ 1 ½ pounds ground dark meat chicken
- ☐ 1 cup cooked brown rice