21-Day Detox Challenge Grocery Shopping List

# Protein

## Seafood

* Salmon
* Shrimp
* Cod
* Scallops
* Crab
* Tuna

## Meats

* Beef
* Buffalo
* Lamb
* Elk
* Venison

## Poultry

* Chicken
* Turkey
* Duck
* Pheasant

## The Other White Meat

* Pork
* Bacon

## Eggs

# Vegetables

* Acorn Squash
* Anise/Fennel Root
* Arugula
* Asparagus
* Beets
* Bell Peppers
* Bok Choy
* Broccoli/Broccolini
* Broccoli Rabe
* Brussels Sprouts
* Buttercup Squash
* Butternut Squash
* Cabbage
* Carrots
* Cauliflower
* Celery
* Collard
* Cucumber
* Delicata Squash
* Eggplant
* Garlic
* Green Beans
* Greens (beet, mustard, turnip)
* Jicama
* Kale
* Kohlrabi
* Leeks
* Lettuce (bibb, butter, red)
* Mushrooms
* Okra
* Onion/Shallots
* Parsnips
* Pumpkin
* Radish
* Rutabaga
* Rhubarb
* Snow/Sugar Snap Peas
* Spaghetti Squash
* Spinach
* Sprouts
* Summer Squash
* Sweet Potato/Yams
* Swiss Chard
* Tomato
* Turnip
* Watercress
* Zucchini

# Fruits

* Apples
* Apricots
* Bananas
* Blackberries
* Blueberries
* Cherries
* Grapefruit
* Grapes
* Kiwi
* Lemon
* Lime
* Mango
* Melon
* Nectarines
* Oranges
* Papaya
* Peaches
* Pears
* Pineapple
* Plum
* Pomegranate
* Raspberries
* Strawberries
* Tangerines
* Watermelon

# Fats

## Cooking Fats

* Animal Fats\*
* Clarified Butter\*
* Ghee\*
* Coconut Oil
* Extra Virgin Olive Oil

\*Must be pastured or 100% grass-fed and organic

## Eating Fats

* Avocado
* Cashews
* Coconut Butter
* Coconut Meat/Flakes
* Coconut Milk (canned)
* Hazelnuts/Filberts
* Macadamia Nuts
* Macadamia Butter

## Occasional

* Almonds
* Almond Butter
* Brazil Nuts
* Pecans
* Pistachio

## Limited

Flax Seeds

Pine Nuts

Pumpkin Seeds

Sesame Seeds

Sunflower Seeds

Sunflower Seed Butter

Walnuts