

7 Day DETOX
DINNER Grocery LIST:

*Shopping List NOTE: the
breakfasts, lunches, and snacks
are NOT included on the
grocery list

2 lbs pork loin
1 pound ground turkey
2-3 pound boneless beef chuck roast
24 ounces salmon (4: 6-oz pieces)
4 lbs organic boneless, skinless chicken breast
5 red/yellow bell peppers
3 green bell peppers
4 large yellow onions
1 Spaghetti Squash
3 medium zucchini
2 bundles asparagus
2 small bags of baby carrots
2 oranges
4 Cloves garlic
1- 16oz tub of fresh salsa
package pre-washed salad greens
prepared guacamole (homemade or from the store but no sugar)
1 1-lb. bag frozen pineapple
1 jar sugar-free spaghetti sauce or make at home
2 cans pinto beans
2 cups brown rice, uncooked
2 tsp. Paprika
4 tsp smoked paprika
2 tsp cinnamon
3 bay leaves
1 tsp black pepper
1 tsp garlic powder
1/2 tsp sea salt
1/2 tsp. cumin
4 1/2 tsp. extra virgin olive oil
4 tsp Bragg's Liquid Aminos (it's a healthier soy sauce alternative)