

Detox For Athletes Grocery List (by category)

	<u>Proteins</u>		<u>Grains/ Starches</u>		<u>Vegetables - Low Cal</u>
<input type="radio"/>	salmon	<input type="radio"/>	amaranth	<input type="radio"/>	orange, red or yellow peppers
<input type="radio"/>	natural turkey - breast	<input type="radio"/>	quinoa	<input type="radio"/>	broccoli
<input type="radio"/>	natural chicken - breast	<input type="radio"/>	millet	<input type="radio"/>	asparagus
<input type="radio"/>	organic egg, brown or white	<input type="radio"/>	wild rice/ Forbidden rice	<input type="radio"/>	squash
<input type="radio"/>	tuna, Wild Planet brand	<input type="radio"/>	oats – GF groats or steel cut	<input type="radio"/>	green lettuces
<input type="radio"/>	orange roughy	<input type="radio"/>	teff	<input type="radio"/>	cauliflower
<input type="radio"/>	tilapia	<input type="radio"/>	white basmati rice	<input type="radio"/>	cabbage - red or green
<input type="radio"/>	bison/ buffalo	<input type="radio"/>	barley	<input type="radio"/>	zucchini or yellow squash
<input type="radio"/>	lamb	<input type="radio"/>	cellophane wraps (rice)	<input type="radio"/>	spaghetti squash
<input type="radio"/>	venison	<input type="radio"/>	spelt berries	<input type="radio"/>	arugula
<input type="radio"/>	scallops	<input type="radio"/>	buckwheat/ soba noodles	<input type="radio"/>	watercress
<input type="radio"/>	herring	<input type="radio"/>	cornmeal/ polenta	<input type="radio"/>	cabbage
<input type="radio"/>	sardines	<input type="radio"/>	rice cakes	<input type="radio"/>	spinach
<input type="radio"/>	turbot	<input type="radio"/>	rice crackers	<input type="radio"/>	pumpkin
<input type="radio"/>	cod	<input type="radio"/>		<input type="radio"/>	mushrooms
<input type="radio"/>	whitefish	<input type="radio"/>		<input type="radio"/>	cucumber
<input type="radio"/>	mackerel			<input type="radio"/>	Brussels sprouts
<input type="radio"/>	Perfect Protein whey protein			<input type="radio"/>	bean sprouts
	powder			<input type="radio"/>	bell peppers
<input type="radio"/>	Plant Fusion vegan protein			<input type="radio"/>	artichokes
<input type="radio"/>	powder		<u>Fruits</u>	<input type="radio"/>	celery
		<input type="radio"/>	lemons	<input type="radio"/>	eggplant, Japanese
	<u>Starchy Vegetables</u>	<input type="radio"/>	Apples, organic	<input type="radio"/>	parsley
<input type="radio"/>	rutabaga	<input type="radio"/>	pears	<input type="radio"/>	Kale, collards or chard
<input type="radio"/>	parsnip	<input type="radio"/>	banana or plantain	<input type="radio"/>	green beans
<input type="radio"/>	corn - non-GMO only	<input type="radio"/>	mango		
<input type="radio"/>	potato - Yukon gold or red	<input type="radio"/>	plum		<u>Fats/Oils</u>
<input type="radio"/>	beets	<input type="radio"/>	honeydew melon	<input type="radio"/>	avocado
<input type="radio"/>	sweet potato/yam	<input type="radio"/>	grapefruit	<input type="radio"/>	olive oil, extra virgin
<input type="radio"/>	butternut squash	<input type="radio"/>	nectarine or peach	<input type="radio"/>	olives
<input type="radio"/>	carrots	<input type="radio"/>	orange	<input type="radio"/>	sesame oil
<input type="radio"/>	acorn squash	<input type="radio"/>	apricot	<input type="radio"/>	raw nut oils (refrigerate)
<input type="radio"/>	turnip	<input type="radio"/>	kiwi	<input type="radio"/>	flax seed oil (refrigerate)
<input type="radio"/>	batata	<input type="radio"/>	raspberries	<input type="radio"/>	hemp seed oil
<input type="radio"/>	taro root	<input type="radio"/>	tangerine	<input type="radio"/>	coconut oil, cold pressed
<input type="radio"/>	green peas	<input type="radio"/>	strawberries	<input type="radio"/>	ghee, clarified butter
<input type="radio"/>	yucca root	<input type="radio"/>	blueberries		
<input type="radio"/>	celery root/ celeriac	<input type="radio"/>	cantaloupe		
<input type="radio"/>	radish	<input type="radio"/>	fresh figs		
<input type="radio"/>	sunchoke/Jerusalem artichoke	<input type="radio"/>	papaya		
<input type="radio"/>	other winter squash	<input type="radio"/>	dates, pitted		
		<input type="radio"/>	raisins/dried cranberries		

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<u>Legumes/ Beans</u>	<u>Raw Nuts & Seeds</u>	<u>Condiments</u>
<input type="checkbox"/> lentils, green or red	<input type="checkbox"/> almonds	<input type="checkbox"/> mayonnaise (with olive oil)
<input type="checkbox"/> mung beans, yellow or green	<input type="checkbox"/> hazelnuts	<input type="checkbox"/> raw apple cider vinegar
<input type="checkbox"/> edamame beans	<input type="checkbox"/> roasted peanuts	<input type="checkbox"/> balsamic vinegar
<input type="checkbox"/> adzuki beans	<input type="checkbox"/> pistachios	<input type="checkbox"/> soy sauce, gluten free or not
<input type="checkbox"/> hummus	<input type="checkbox"/> pumpkin seeds	<input type="checkbox"/> Dijon mustard, organic
<input type="checkbox"/> bean soup	<input type="checkbox"/> sesame butter	<input type="checkbox"/> ketchup, organic
<input type="checkbox"/> split peas	<input type="checkbox"/> sesame seeds	<input type="checkbox"/> coconut amino acids, liquid
<input type="checkbox"/> sweet peas	<input type="checkbox"/> nut butters	<input type="checkbox"/> , chives, leeks, onions
<input type="checkbox"/> cannellini beans	<input type="checkbox"/> hemp seeds	
<input type="checkbox"/> black beans	<input type="checkbox"/> flax seeds	<u>Dairy/ Non-Dairy Items</u>
<input type="checkbox"/> chick peas/garbanzo beans	<input type="checkbox"/> chia seeds (MILA)	<input type="checkbox"/> organic non-dairy yogurt
<input type="checkbox"/> black beans	<input type="checkbox"/> cashews	<input type="checkbox"/> goat cheese
<input type="checkbox"/> black-eyed peas	<input type="checkbox"/> walnuts	<input type="checkbox"/> goat or sheep milk yogurt
<input type="checkbox"/> kidney beans	<input type="checkbox"/> pecans	<input type="checkbox"/> almond, coconut or hemp milk
<input type="checkbox"/> navy beans	<input type="checkbox"/> flax seed meal	<input type="checkbox"/> canned coconut milk
<input type="checkbox"/> pinto beans	<input type="checkbox"/> almond meal	<input type="checkbox"/> butter, Organic Valley pasture
<input type="checkbox"/> canned (organic) or dried	<input type="checkbox"/> cashew meal	<input type="checkbox"/> organic cheese (as tolerated)
		Try to avoid cow milk items
		<input type="checkbox"/> Kefir, coconut or organic
<u>Other</u>		
<input type="checkbox"/> kombucha, fermented drink		
<input type="checkbox"/> sauerkraut, fermented		
<input type="checkbox"/> kimchi		
<input type="checkbox"/> ginger root		
<input type="checkbox"/> turmeric root		
<input type="checkbox"/> rosemary, thyme, etc		

Green Monster Drink

Modified from several different detox plans

This is meant to be your first beverage after your ½ lemon in water every morning. It actually makes a great pre-exercise or post workout drink, too! Lotsa phyto-nutrients, B vits and magnesium!

If you have a juicer, this is what I want you to have:

- 1-1 ½ apples (preferably organic)
- ½ lemon or juice of half lemon
- 1-3 leaves of kale (1 to start with)
- 3-4 leaves of romaine lettuce (preferably organic)
- 1 inch of ginger root (less to start with)
- 1 clove garlic (optional) with inside vein removed
- Optional – 1 inch of cucumber (this helps to lessen the 'bite' of ginger and garlic)

And this is the green energy drink you can drink all day if you want. It should be made fresh each time and drank within an hour of making it, especially if done in a juice extractor!

You can add other green veggies, too or replace kale with spinach, chard, collards, etc.

You can also start with more apple, and less ginger or less/more kale.

(Note, you can make this in a blender, too but use less apples (core and chop). Juice the lemon and use about 1 cup or more liquid (water and raw apple cider) – this becomes a smoothie instead of a clear drink. Then you also don't have the waste. Blend until smooth. Vitamix works best if you can afford one.