



BASIC CLEANSE SHOPPING LIST

NutriBlast Shopping List:

NOTE: This list includes ONLY the ingredients you will need to make your blasts for 7 days. The ingredients for the Basic Cleanse Clean Dinner recipes follow this category.

Greens

- Kale: 2 large bunches
- Spinach: 3 6-oz bags or 4 large bunches
- Mint: 1 large bunch or 2 plastic containers
- Parsley: 1 bunch

Fruits

- Apples: 2(eliminate one if buying a pear)
- Pear (optional): 1
- Avocado: 1
- Bananas: 6
- Blueberries: 1 ½ pints
- Cherries: 1 bag frozen
- Lemons: 4
- Limes: 1
- Mango: 1 or 1 bag frozen
- Medjool Dates: 5
- Oranges: 1
- Peaches: 2 OR 1 bag frozen
- Pineapple: 1 OR 1 bag frozen

Vegetables

- Carrots: 1
- Celery: 1 small bunch
- Cucumber: 1
- Ginger root: 1 small

Nuts and Seeds

- Almonds: 1 small container, raw
- Almond Butter: 1 jar, raw
- Cashews: 1 small container, raw
- Chia seeds: 1 small container
- Pumpkin seeds: 1 small container

Miscellaneous

- Aloe Gel (optional): 1 bottle
- Cayenne pepper: 1 spice jar
- Chlorella powder: 1 small container
- Cinnamon: 1 spice jar
- Coconut Water: 32 oz (2 16-oz cartons)
- Raw Cacao: 1 small bag
- Rolled Oats: 1 small box or container, or 4 oz from the bulk bin
- Vanilla extract: 1 bottle





BASIC CLEANSE SHOPPING LIST

Clean Dinner Shopping List:

NOTE: This list includes ingredients for all 4 of the Clean Dinner recipes. If you are planning on only making a selection of these recipes, please adjust your shopping list accordingly. Also, certain ingredients on this list, especially the nuts, seeds, and spices overlap with some of the Basic Cleanse NutriBlast ingredients. Please consult the previous list to decide the appropriate amount to buy.

Greens

- Collard greens: 1 big bunch
- Kale: 2 big bunches
- Mixed greens: 2 bags
- Mustard greens: 1 big bunch
- Parsley: 2 bunches
- Spinach: 2 bags or 1 large bunch

Produce

- Bell pepper (red or green): 1
- Carrots: 3
- Cabbage, green: 1 small head
- Cabbage, red: 1 small head
- Cauliflower: 1 head
- Celery: 1 bunch
- Garlic: 1 head
- Lemon: 1
- Onion, green: 1 small bunch
- Onion, red: 1
- Onion, yellow: 1
- Okra: 1 bag, frozen
- Sweet Potatoes: 2

Nuts and Seeds

*Check your stock or NutriBlast grocery list before purchasing. No recipe uses more than ¼ cup of any of the following:

- Hemp Seeds
- Pumpkin seeds
- Toasted slivered almonds

Spices

*Check your spice cabinet before purchasing—the most of any spice you will use is 2 tbs.

- Cayenne Pepper
- Dried Bay leaves
- Dried oregano
- Dried parsley
- Dried thyme
- Paprika

Grains and Beans

- Lentils: 1 BPA-free can of cooked lentils OR 1 cup dry from bulk bin
- Organic kidney beans: 1 BPA-free can
- Brown rice: 1 small bag of dried OR 2 cups purchased from bulk (optional)
- Quinoa: 1 small container dried OR 1 cup purchased from bulk bin

Miscellaneous

- Virgin, organic, cold-pressed, raw coconut oil
- Vegetable broth: 1 carton
- Whole organic tomatoes, peeled: 1 BPA-free can
- Dijon mustard: 1 container
- Kalamata olives, pitted: 1 small jar