



# SUPER CLEANSE SHOPPING LIST

## NutriBlast Shopping List:

### Greens

- Kale – 12 cups
- Spinach – 17 cups
- Swiss chard – 6 cups
- Dandelion greens – 3 cups  
(may sub another green in place of)
- Parsley – 3 cups
- Mint leaves – 5-10 fresh leaves

### Fruit

- Organic Apple – 5 red and 1 green
- Organic Pear – 4
- Orange – 3
- Kiwi – 2
- Strawberry – 1 cup (fresh or frozen)
- Blueberries – 1 cup (fresh or frozen)
- Avocado – 2
- Roma tomato – 2
- Pineapple – ½ cup
- Banana – 1
- Green grapes – 1 cup
- Persimmon – 1
- Pomegranate – 1
- Peach – 2 fresh or 2 cups frozen
- Cherries – ½ cup fresh or frozen
- Lemon – 9
- Lime – 2
- Cucumber – about 2 cups
- Date – 3 plus more if making extra almond milk

### Vegetables

- Beets – 3 small
- Celery – 5 rods
- Zucchini – 1
- Red or yellow bell peppers – 1
- Carrots – 3
- Artichoke hearts – one or one small  
can packed in water
- Fennel – ½ cup

### Spices/Oils

- Ginger – 4 thumb size chunks (1 root)
- Garlic – 1 clove (optional)
- Vanilla extract if making fresh almond milk
- Cold-pressed extra virgin olive oil – 1  
Tablespoon (optional)
- Turmeric
- Cinnamon
- Nutmeg
- Basil (fresh)
- Oregano (fresh)
- Chlorella powder – 5 teaspoons

### Nuts/Seeds/Boosts

- Chia seeds – 5 Tablespoons
- Aloe vera gel – 4 Tbsp
- Pumpkin seeds – 3 Tbsp
- Raw almonds – 4 cups plus more if  
making extra almond milk

### Liquid

- Coconut water – 4-5 cans
- Ice
- Filtered water



## SUPER CLEANSE SHOPPING LIST

### Quick SOUPer Shopping List:

- Arugula – ¾ cup (may use watercress instead)
- Bay leaf – 1
- Beets – 3 medium
- Black pepper
- Broccoli – 1 head
- Butternut squash – 2
- Carrots – 3 cups
- Extra virgin, cold-pressed coconut oil – 1 Tablespoon
- Fresh parsley or dill
- Fresh sage – 2 Tablespoons
- Fresh thyme
- Garlic – 7 cloves
- Ginger – 1 thumb size chunk
- Leek – 1 large
- Lemon juice – from 2 lemons
- Low sodium vegetable broth – 4 cups
- Olive oil – 1 ½ Tablespoons
- Onion – 2 large yellow
- Sea salt as desired
- Water

