

# 21-Day Detox Challenge Grocery Shopping List

## Protein

Seafood	Meats	Poultry	The Other White Meat
<ul style="list-style-type: none"> <li>○ Salmon</li> <li>○ Shrimp</li> <li>○ Cod</li> <li>○ Scallops</li> <li>○ Crab</li> <li>○ Tuna</li> </ul>	<ul style="list-style-type: none"> <li>○ Beef</li> <li>○ Buffalo</li> <li>○ Lamb</li> <li>○ Elk</li> <li>○ Venison</li> </ul>	<ul style="list-style-type: none"> <li>○ Chicken</li> <li>○ Turkey</li> <li>○ Duck</li> <li>○ Pheasant</li> </ul>	<ul style="list-style-type: none"> <li>○ Pork</li> <li>○ Bacon</li> </ul> <p><b>Eggs</b></p>

## Vegetables

<ul style="list-style-type: none"> <li>○ Acorn Squash</li> <li>○ Anise/Fennel Root</li> <li>○ Arugula</li> <li>○ Asparagus</li> <li>○ Beets</li> <li>○ Bell Peppers</li> <li>○ Bok Choy</li> <li>○ Broccoli/Broccolini</li> <li>○ Broccoli Rabe</li> <li>○ Brussels Sprouts</li> <li>○ Buttercup Squash</li> <li>○ Butternut Squash</li> </ul>	<ul style="list-style-type: none"> <li>○ Cabbage</li> <li>○ Carrots</li> <li>○ Cauliflower</li> <li>○ Celery</li> <li>○ Collard</li> <li>○ Cucumber</li> <li>○ Delicata Squash</li> <li>○ Eggplant</li> <li>○ Garlic</li> <li>○ Green Beans</li> <li>○ Greens (beet, mustard, turnip)</li> <li>○ Jicama</li> </ul>	<ul style="list-style-type: none"> <li>○ Kale</li> <li>○ Kohlrabi</li> <li>○ Leeks</li> <li>○ Lettuce (bibb, butter, red)</li> <li>○ Mushrooms</li> <li>○ Okra</li> <li>○ Onion/Shallots</li> <li>○ Parsnips</li> <li>○ Pumpkin</li> <li>○ Radish</li> <li>○ Rutabaga</li> <li>○ Rhubarb</li> </ul>	<ul style="list-style-type: none"> <li>○ Snow/Sugar Snap Peas</li> <li>○ Spaghetti Squash</li> <li>○ Spinach</li> <li>○ Sprouts</li> <li>○ Summer Squash</li> <li>○ Sweet Potato/Yams</li> <li>○ Swiss Chard</li> <li>○ Tomato</li> <li>○ Turnip</li> <li>○ Watercress</li> <li>○ Zucchini</li> </ul>
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## Fruits

<ul style="list-style-type: none"> <li>○ Apples</li> <li>○ Apricots</li> <li>○ Bananas</li> <li>○ Blackberries</li> <li>○ Blueberries</li> <li>○ Cherries</li> <li>○ Grapefruit</li> </ul>	<ul style="list-style-type: none"> <li>○ Grapes</li> <li>○ Kiwi</li> <li>○ Lemon</li> <li>○ Lime</li> <li>○ Mango</li> <li>○ Melon</li> <li>○ Nectarines</li> </ul>	<ul style="list-style-type: none"> <li>○ Oranges</li> <li>○ Papaya</li> <li>○ Peaches</li> <li>○ Pears</li> <li>○ Pineapple</li> <li>○ Plum</li> <li>○ Pomegranate</li> </ul>	<ul style="list-style-type: none"> <li>○ Raspberries</li> <li>○ Strawberries</li> <li>○ Tangerines</li> <li>○ Watermelon</li> </ul>
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## Fats

Cooking Fats	Eating Fats	Occasional	Limited
<ul style="list-style-type: none"> <li>○ Animal Fats*</li> <li>○ Clarified Butter*</li> <li>○ Ghee*</li> <li>○ Coconut Oil</li> <li>○ Extra Virgin Olive Oil</li> </ul> <p>*Must be pastured or 100% grass-fed and organic</p>	<ul style="list-style-type: none"> <li>○ Avocado</li> <li>○ Cashews</li> <li>○ Coconut Butter</li> <li>○ Coconut Meat/Flakes</li> <li>○ Coconut Milk (canned)</li> <li>○ Hazelnuts/Filberts</li> <li>○ Macadamia Nuts</li> <li>○ Macadamia Butter</li> </ul>	<ul style="list-style-type: none"> <li>○ Almonds</li> <li>○ Almond Butter</li> <li>○ Brazil Nuts</li> <li>○ Pecans</li> <li>○ Pistachio</li> </ul>	<ul style="list-style-type: none"> <li>○ Flax Seeds</li> <li>○ Pine Nuts</li> <li>○ Pumpkin Seeds</li> <li>○ Sesame Seeds</li> <li>○ Sunflower Seeds</li> <li>○ Sunflower Seed Butter</li> <li>○ Walnuts</li> </ul>