Week 2 – Detox 2 – Double Person

* 5 Bananas
* 1 Spinach
* 1 Kale 38
* 1 Lettuce 29
* 1 Arugula box 24, 29
* 1 Cilantro 29, salad
* 3 Handfuls Brussels sprouts 32
* 2 Cucumbers, large 24, salad, snacks
* 1 Celery bag 24, 25
* 1 Large carrot bag 25, snacks
* 2 Tomato 29, 35
* 2 Avocado 29, 35, salad
* 1 Bell Pepper 29, salad
* 1 Apple 42
* 2 Lemon 24, 41, 44, water
* 1 Lime 29
* 2 Sweet Potato 42, 44
* 3 Onion 32, 35, 42, 44
* 1 Red onion 29, 38
* 2 Heads garlic
* 3-4 oz sun-dried tomatoes 32
* 4 Chicken breasts (organic) 24, 25, 42
* 6 Chicken thighs 32
* 1 Grass-fed ground beef 35
* 1 Bone-in turkey breast 44
* 1 lb wild white fish – wait to buy Friday if you can
* 3 cans artichokes 26, 32
* 1 kelp, shirataki or noodle noodles 38
* 1 can sustainable tuna 24(there is a substitute recipe if you don’t like tuna)
* 1 box chicken BONE broth 25
* 2 cups raw cashews 26, snacks
* Brazil nuts smoothies, snacks
* 16 oz frozen spinach 26
* Frozen blueberries smoothies
* 1 bag frozen organic peas 38
* Coconut milk smoothies

Leftovers:

Ginger (33, 38) Sage (42, 44) Basil (24, 32) Coconut aminos (38)