Week 2 – Single Plan – Detox 2

3 Bananas

1 Spinach

1 Kale

1 Lettuce

2 Handfuls Brussels sprouts 32

2 Cucumbers, large 24, salad, snacks

1 Celery bag 24, 25

1 Large carrot bag 25, snacks

1 Tomato 35

1 Avocado 35, salad

1 Apple 42

2 Lemon 24, 41, 44, water

2 Sweet Potato 42, 44

3 Onion 32, 35, 42, 44

2 Heads garlic

3-4 oz sun-dried tomatoes 32

3 Chicken breasts (organic) 25, 42

4 Chicken thighs 32

1 Grass-fed ground beef 35

1 Bone-in turkey breast 44

1/2 lb wild white fish – wait to buy Friday if you can

3 cans artichokes 26, 32

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

Coconut milk smoothies

Leftovers:

Ginger 33

Sage 42, 44

Basil 24, 32