

Biggest Ever Community Detox!



15th - 21st Feb



Detox shopping list

It can be difficult to know what foods to have in your fridge when you do your detox. The following is a guide to help you stock up on healthy, yummy foods that you can enjoy freely during detox week. Also, in the stores we have highlighted additional products that you may wish to incorporate. If you are unsure at all, just ask one of the staff in the store, we will all be very willing to help in any way we can!

Fruit & Veg

- | | | |
|---|---|--|
| <input type="checkbox"/> All green vegetables | <input type="checkbox"/> Plums | <input type="checkbox"/> Mixed mushrooms |
| <input type="checkbox"/> 'Spicy salad' mix | <input type="checkbox"/> Avocados | <input type="checkbox"/> Garlic |
| <input type="checkbox"/> Asparagus | <input type="checkbox"/> Punnets strawberries | <input type="checkbox"/> Asian greens |
| <input type="checkbox"/> Snow peas | <input type="checkbox"/> Spanish onions | <input type="checkbox"/> Bananas |
| <input type="checkbox"/> Butternut pumpkin | <input type="checkbox"/> Lemons | <input type="checkbox"/> Zucchini |
| <input type="checkbox"/> Kumera | <input type="checkbox"/> Bunch shallots | <input type="checkbox"/> Granny smith apples |
| <input type="checkbox"/> Blueberries | <input type="checkbox"/> Bunch rhubarb | <input type="checkbox"/> Ruby grapefruit |
| <input type="checkbox"/> Cherry tomatoes | <input type="checkbox"/> Parsley | <input type="checkbox"/> Daicon raddish |
| <input type="checkbox"/> Peaches | <input type="checkbox"/> Coriander | <input type="checkbox"/> Umboshi plums |
| <input type="checkbox"/> Pears | <input type="checkbox"/> Mint | <input type="checkbox"/> Ginger |

Grocery

- | | | |
|---|---|---|
| <input type="checkbox"/> Organic eggs | <input type="checkbox"/> Organic goats ricotta | <input type="checkbox"/> Tofu |
| <input type="checkbox"/> Essene bread | <input type="checkbox"/> Soba noodles | <input type="checkbox"/> Tahini |
| <input type="checkbox"/> Herbal teas | <input type="checkbox"/> Sesame seeds | <input type="checkbox"/> Cacao powder |
| <input type="checkbox"/> Genmai miso | <input type="checkbox"/> Almonds | <input type="checkbox"/> Basmati rice |
| <input type="checkbox"/> Gluten free wraps | <input type="checkbox"/> Tamari | <input type="checkbox"/> Organic chicken breast |
| <input type="checkbox"/> Organic brown rice | <input type="checkbox"/> Extra virgin olive oil | <input type="checkbox"/> Organic sheep's yoghurt |
| <input type="checkbox"/> Cans sustainably fished tuna | <input type="checkbox"/> Brown rice crackers | <input type="checkbox"/> Tempeh |
| <input type="checkbox"/> Sustainably fished sardines | <input type="checkbox"/> Quinoa flakes | <input type="checkbox"/> Dips: hommus, babaganoush, pesto |
| <input type="checkbox"/> Inca grains mix | <input type="checkbox"/> Agave nectar | |

Suggested Supplements

- | | | |
|--|--|--|
| <input type="checkbox"/> Fusion "Detox" or "Liver Tonic" | <input type="checkbox"/> Melrose Omega Fibre | <input type="checkbox"/> Spirulina |
| <input type="checkbox"/> Inner Health probiotic | <input type="checkbox"/> aboutlife detox tea | <input type="checkbox"/> B Vitamins |
| <input type="checkbox"/> CoQ10 (ask the naturopath) | <input type="checkbox"/> Chlorophyll | <input type="checkbox"/> A good fibre supplement |

For any other supplements please speak with our naturopaths so they can recommend the best products for your specific needs.