

# Your 5-Day Nutritive Cleanse Grocery Shopping List



APRIL MIER · FRIDAY, OCTOBER 19, 2018

During the 5-Day Cleanse you will be replacing your three major meals with a Balance Complete shake. You will be infusing your body with Ningxia Red and taking Digest and Cleanse for cleansing and to soothe the digestive system. In between those times you can consume a mid-morning, mid-afternoon and evening snack for a total of 15 snacks during the cleanse. These snacks are to consist of fresh fruit, vegetables, nuts/seeds. Serving size is 1 piece of fruit, or 1 cup of Vegetables plus a handful (2 TBSP) of nuts/seeds or 1 TBSP nut butter. Below is a suggested grocery list of items to have on hand for snacking during your cleanse. You do NOT need to purchase all of them but a healthy variety to get you through the cleanse. (See the 5-Day Nutritive Cleanse Brochure in the files section here or in your kit for more details.)

## FRUITS

\*Apples

\*Oranges

\*Pears

\*Plums

\*Peach

\*Blueberries (fresh or frozen)

Red, purple, or black seedless grapes

\*Cantaloupe

\*Lemons

## NON-STARCHY VEGETABLES

\*Broccoli

\*Kale

\*Zucchini

\*Cauliflower

\*Cole Slaw

\*Cucumber

\*Carrots

\*Celery

\*Okra

\*Bean sprouts

\*Sugar snap peas

\*Peppers

\*Salad Greens

NUTS/SEEDS

\*Almond Butter

\*Sunflower Seeds

\*Almonds

\*Pecans

\*Walnuts

OTHER

These will be eaten towards the end of the cleanse to help prepare your digestion for returning to normal eating.

\*Raw fermented sauerkraut or other active, friendly bacteria such as kefir or unsweetened yogurt (Bubbies is our favorite for fermented sauerkraut and pickles)

\*Raw Apple Cider Vinegar

\*Miso soup or Vegetable broth

HERBAL TEAS (no caffeine)

Pick one or several options to sip on during the day to keep hydrated and curb a sweet tooth

\*Red Raspberry, Chamomile, Hibiscus, Peppermint

\*Stevia Extract for sweetening your tea

NON-DAIRY MILK (Choose one to mix your Balance Complete Shake)

\*Coconut

\*Almond

\*Rice

\*Soy Milk? I don't suggest it, but if you do choose Soy please choose Organic to ensure it's not genetically modified.

Tips to avoid temptations:

\*Pre-plan your family's meals for the week

\*If possible, designate a person to make the meals for the family. (An older child or non-participating spouse)

\*Make sure you have grocery shopped for all your grocery items BEFORE you start the cleanse. You want to avoid all the temptations of the grocery store during the cleanse, if possible!