



## Jump-Start Food Shopping List

Being prepared is one of the most essential elements for a successful cleanse.

So take time **before** you start your cleanse and investigate what is hiding in your cupboards and refrigerator. There may be foods or snacks that are tempting to you while you are on the cleansing program. Remove these items and foods for now or donate them to a friend or family member!

Here is a list of foods to jump-start and stock up on before you begin your cleanse. Preparation is the key to success!

### **Organic Vegetables:**

From your program guidebook, choose minimum 5 vegetables

Example: Greens such as romaine lettuce, red leaf lettuce, kale, swiss chard

Example: Carrots, Cucumbers, Cabbage, Cauliflower, Beets

### **Organic Fruit:**

From your program guidebook, choose minimum 5 fruits

Example: Apples, Oranges, Grapefruit, Melons, Nectarines, Avocados

### **Organic Frozen Foods: To be used in the favorite shake recipes**

Blueberries, Dark Sweet Cherries, Mango Chunks, Raspberries, Bag of Ice

### **Protein: Organic & Hormone Free**

Chicken Breast, Sliced Deli Turkey, Eggs, Black Beans, Salmon, Halibut

### **Organic Gluten Free Grains:**

Quinoa, Gluten Free Oatmeal, Brown Rice

### **Condiments:**

Sea salt, Lemon, Lime, Garlic, Cinnamon, Olive Oil, Cayenne Pepper, Fresh Basil, Fresh Italian Parsley

### **Snacks:**

Almonds, Almond Nut Butter, Hummus, Walnuts

### **Beverages:**

Unsweetened Plain & Vanilla & Chocolate Almond & or Rice Milk, Coconut Water, Decaffeinated Herbal Teas, Unfiltered Water (Review OUR FAVORITE PURE BODY CLEANSE SHAKE RECIPES)