

Angels & Dudes

3-DAY DETOX DIET PLAN

SHOPPING LIST

PRODUCE

10 Lemons
3 Oranges
1 Bunch Fresh Mint
1 Knob Ginger Root
2 Medium Apples
2 Small Crowns Broccoli
1 Head Garlic
1 Bunch Cilantro
Baby Spinach
1 Bunch Curly Kale
Blueberries
1 Ripe Banana
1 Avocado
Clementine Oranges
1 Bunch Green Onions

SPICES

Cayenne Pepper
Turmeric
Sea Salt
Curry Powder
Paprika
Ground Cinnamon

PROTEIN

1/2 lb Boneless Skinless Chicken Breast

FRIDGE/FREEZER

Frozen Mangoes
Frozen Bananas
Frozen Broccoli Florets
Plain Lowfat Greek Yogurt
Coconut Water
Unsweetened Almond Milk

PANTRY

Matcha Powder
Apple Cider Vinegar
Sliced Almonds
Creamy Peanut Butter
Almonds
Non-GMO Popping Corn
Green Tea Bags
1 can Coconut Milk
1 quart Chicken Stock

OILS

Extra Virgin Olive Oil
Coconut Oil