

# *Nutritional Rebirth Shopping List*

*This is a basic list which you can add to depending on the recipes you plan on making*

6 green avocados (let ripen at room temp and then transfer to fridge)

3 or 4 bunches bananas (freeze as they become ripe)

6 lemons

2 limes

6 oranges

Apples (6 or more)

Pears (4 or more)

2 containers cherry or grape tomatoes

Other tomatoes

2 cucumbers

2 big containers of spinach (or a few bunches spinach)

4 bunches celery

1 package Romaine lettuce hearts

Other lettuce for salads, arugula, etc.

Sprouts

1 bunch green onions

1 bunch kale

3 bunches cilantro

Bag of carrots

Beets for juicing and grating in salads

Fennel

1 package medjool dates

Dried mulberries

Other fruit:

- Grapes
- Grapefruit
- Melon
- Mango

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- Pomegranate

Container strawberries and/or other berries

Frozen fruit:

- Wild blueberries
- Strawberries
- Raspberries
- Mangos
- Peaches

1 jar of raw honey

For the broth:

- Carrots
- Onion
- Parsley
- Shitake mushrooms
- Turmeric
- Ginger
- Garlic
- kombu

Supplements for Heavy Metal Detox smoothie:

- Hawaiian Spirulina
- Barley Grass Juice Powder
- Dulse flakes

Teas (I suggest Traditional Medicinals)

- Nettles
- Raspberry leaf
- Lemon balm
- Licorice root

Nut milk bag