



with Maria Garre

GROCERY LIST

VEGETABLES	FRUITS	GRAINS RICE BEANS
Acorn Squash Artichokes Asparagus Beets (especially red beets) Bell Pepper Butternut Squash Carrots Celery Cilantro Cucumber Endive Fennel Green Beans Leafy Greens Leeks Mustard Greens Peas Potatoes (red best) Pumpkin Radishes Rutabaga Spaghetti Squash Spinach Sweet Potatoes Swiss Chard Turnips Winter Squash Zucchini	Apples (cooked) Apricots (dried) Berries Cranberries Coconut flakes (unsweetened) Dates Sour Cherries Currants Figs Grapefruit (moderation) Grapes Lemons Limes Mangoes Melons Oranges (sweet, moderation) Papaya Peaches Pears (cooked) Pineapple (moderation) Pomegranates Plums Strawberries Raisins	Amaranth Basmati rice Barley Black beans Brown lentils Buckwheat Couscous Mung dal (split yellow) Mung beans (green) Oats Quinoa Red Lentils

SPICES	SEEDS/NUTS	DAIRY
Ajwan Asafetida (hing) Basil Black Pepper Cardamom Cinnamon Cilantro (fresh) Cloves Coriander Cumin (seeds and/or ground) Dill Fennel Fenugreek Garlic Ginger (fresh) Mint Mustard Seeds Nutmeg Oregano Parley (fresh) Turmeric (fresh if possible) Thyme Rosemary Saffron	Pumpkin Seeds Sesame Seeds Sunflower Seeds Pine nuts Almonds	Almond Milk (ideally homemade) Cow's Milk (ideally non-homogenized)
	OILS	TEAS
	Coconut oil Sunflower oil Sesame oil Ghee	Chamomile Clove Eucalyptus Fennel Fenugreek Fresh Ginger Juniper Berry Lavender Lemon Grass Marshmallow Root Peppermint (fresh better) Raspberry Rosehips Saffron

To help your detox flow we recommend:

- Thermos to keep and take hot water or herbal teas with you
- To Go containers so you are not caught away from home without cleanse friendly foods
- Epsom salts, sea salt (look at body care booklet)
- Glass bottle (to warm your massage oil)
- Glass bottle with dropper

HERBAL PRODUCTS

REQUIRED SUPPLEMENTS

(for best results)

- Trifler Tablets
- Hingvastak Powder
- Nasya Oil
- Sesame Oil
- Almond Oil
- Ghee
- Tongue Scraper

OPTIONAL SUPPLEMENTS

- Blood Cleanse
- Tranquil Mind
- Liver Formula
- Daily Massage Oil
- Healthy Vata, Pitta, Kapha depending on Prakruti
- Avipatkar (if elevated Pitta in digestion)
- Healthy Skin (i like the formula overall for post Summer rasafication)
- Chyanvanprash
- Bhringaraja Oil