



Pre-Conception Cleanse

Shopping List

Week 1

Vegetables

- Arugula
- Avocado
- Bamboo shoots
- Beets
- Broccoli
- Cabbage
- Carrots
- Cauliflower
- Celery
- Cucumber
- Garlic
- Green onion
- Kale
- Mixed greens
- Mushrooms
- Onion
- Pea shoots

- Red onion
- Red pepper
- Romaine
- Spinach
- Spaghetti squash
- Sweet potato
- Tomato
- Winter squash (acorn, butternut Etc.)

Fruit

- Banana
- Dried apricots
- Dried dates
- Lemon
- Lime
- Fresh blueberries
- Frozen blueberries
- Pear
- Pomegranate

Grains Beans and Flours

- Black beans
- Black eyed peas
- Brown rice
- Coconut flour
- French or green lentils
- Garbanzo beans
- Oats
- Red lentils
- Tapioca flour
- White beans

Nuts and Seeds

- Almonds
- Almond butter
- Almonds slivered
- Cashews
- Chia seeds

- Hemp seeds
- Poppy seeds
- Tahini
- Sesame seeds
- Shredded coconut
- Walnuts
- Garlic powder
- Dandelion root
- Fresh cilantro
- Fresh chives
- Fresh dill
- Fresh ginger
- Fresh parsley
- Fresh turmeric
- Chicken or vegetable stock
- Cocoa nibs
- Cocoa powder
- Coconut milk
- Coconut oil
- Dill pickles
- Fish sauce

Protein

- Eggs
- Chicken
- Goat cheese
- Ground turkey thigh
- Ground beef
- Hummus
- Steak
- Yogurt
- Full mineral sea salt (Himalayan, Celtic or real salt)
- Ginger dried
- Ginger powder
- Marjoram
- Milk thistle
- Rosemary
- Sage
- Tarragon
- Thyme powder
- Vanilla
- Garlic chili sauce or Sriracha (optional)
- Honey
- Maple syrup
- Mayo
- Mustard
- Nori sheets
- Nutritional yeast
- Olives
- Olive oil
- Red wine vinegar
- Sesame oil

Herbs and Spices

- Black pepper
- Cardamom ground
- Cayenne
- Cinnamon ground
- Cinnamon sticks
- Coriander ground
- Cumin ground
- Curry powder

Other

- Almond milk
- Apple cider vinegar
- Baking powder
- Baking soda
- Balsamic vinegar
- Tamari or coconut aminos
- White wine vinegar