



2 Star Holiday Detox Meal Plan Shopping List ✨



Fresh Produce

- Avocado (2)
- Berries (½ cup)
- Broccoli (1 cup)
- Collard Greens (2 leaves)
- Cucumber (1)
- Garlic (2 cloves)
- Ginger (1 piece)
- Kale (3 cups)
- Lemon (3)
- Mango (frozen, ½ cup)
- Mushrooms (½ cup)
- Pineapple (frozen, ½ cup)
- Pomegranate (¼ cup)
- Red Onion (1)
- Shallot (1)
- Spinach (1 cup)
- Sweet Potato (1 cup)
- Zucchini (1 large)



Protein & Seafood

- Canned Salmon (3 oz)
- Canned Tuna (1 can)
- Chicken Breast (1)
- Cod Fillet (5 oz)
- Scallops (4-5 large)
- Shrimp (4 oz raw)



Dairy & Alternatives

- Butter (1 tbsp)
- Coconut Yogurt (1 cup)
- Goat Cheese (2 tbsp)
- Greek Yogurt (1 tbsp)



Grains & Legumes

- Brown Rice Cakes (2)
- Chia Seeds (3 tbsp)
- Chickpeas (1 can)
- Lentils (pre-cooked, 1 cup)
- Quinoa (1.5 cups)
- White Beans (½ cup)



Pantry & Condiments

- Almond Milk (unsweetened, 1 cup)
- Coconut Milk (light, 1 can)
- Coconut Oil (1 tbsp)
- Maple Syrup (1 tsp)
- Olive Oil
- Roasted Red Peppers (¼ cup)
- Sesame Oil (1 tsp)
- Smoked Paprika
- Tamari (1 tbsp)
- Vegetable Broth (2 cups)



Fresh Herbs & Aromatics

- Dill (1 tsp)
- Parsley (1 tbsp)
- Rosemary (1 tsp)
- Thyme (1 tsp)