

LIGHTEN UP SHOPPING TIPS:



- ALWAYS BUY BEST QUALITY AND ORGANIC IF POSSIBLE
- SHOP LOCAL IF POSSIBLE, VISIT LOCAL FARMERS MARKETS
- AVOID GMO'S
- SHOP THE OUTER EDGES OF SUPERMARKETS (THAT'S WHERE ALL THE REAL FOOD IS!)
- READ LABELS: SUGAR, DAIRY AND GLUTEN ARE OFTEN LABELED WITH OTHER NAMES. TRY TO HAVE SIMPLE AND LESS INGREDIENTS AND IF EVER UNSURE, GOOGLE IT!
- AVOID SHOPPING HUNGRY (TEMPTATION TO PURCHASE NON-CLEANSE ITEMS MAY BE STRONGER IF YOU ARE HUNGRY)

SHOPPING LIST:



PRODUCE:

ORGANIC IF POSSIBLE, ALWAYS BEST QUALITY
FRESH LEAFY VEGGIES
ALL NON STARCH VEGGIES
LOW SUGAR FRUIT: BERRIES, GREEN APPLE
FRESH HERBS

REFRIGERATOR AND FREEZER ITEMS:

ORGANIC CHICKEN
ORGANIC TURKEY
ORGANIC EGGS
FISH AND SHELLFISH
FROZEN BERRIES
KIMCHEE AND OTHER FERMENTED VEGGIES (NO SUGAR ADDED, BEST QUALITY)
HUMMUS

PANTRY:

NUTS AND SEEDS (LIMIT IF WEIGHT LOSS IF YOUR GOAL)
CANNED BEST QUALITY BEANS
HEALTHY FATS (OLIVE OIL, COCONUT OIL, AVOCADO)
DRIED HERBS
VINEGARS
SEA SALT
HIGH QUALITY PROTEIN POWDERS

BEVERAGES:

WATER
HERBAL CAFFEINE FREE TEAS
UNSWEETENED CARAGEENAN FREE NUT MILK (ALMOND, COCONUT, HEMP)