



Detox Diet Shopping List



Vegetables

- Leafy greens (spinach, kale, lettuce)
- Broccoli
- Cauliflower
- Cabbage
- Carrots
- Cucumber
- Celery
- Bell peppers
- Tomatoes
- Zucchini

Protein Sources

- Chicken breast
- Turkey
- Fish (salmon, tuna, mackerel)
- Tofu
- Eggs
- Cottage cheese (low-fat or fat-free)
- Greek yogurt (unsweetened)

Legumes and Grains

- Lentils
- Chickpeas
- Quinoa
- Brown rice
- Black beans
- Green peas

Nuts and Seeds

- Almonds
- Walnuts
- Chia seeds
- Flaxseeds
- Pumpkin seeds
- Sunflower seeds

Healthy Fat

- Olive oil
- Coconut oil
- Avocado oil

Beverages

- Water
- Herbal teas

Fruit

- Apples
- Berries (strawberries, blueberries, raspberries)
- Citrus fruits (oranges, lemons, grapefruits)
- Pineapple
- Watermelon
- Kiwi
- Grapes
- Pomegranate
- Avocado

Herbs and Spices

- Turmeric
- Ginger
- Garlic
- Cinnamon
- Cayenne pepper
- Cilantro



SHOP FASTER. MAKE LISTS IN THE LISTONIC APP

