



DANA DINNAWI
— *empowered wellness & living* —

28-DAY GO AHEAD AND EAT CLEANSE
SHOPPING LIST



CLEANSE SHOPPING LIST

FRUITS

Blueberries—1 1/2 cup

Bananas—2

Oranges—1

Berries—1/2 cup

Pears—2

Apples—13

Lemons—10

Limes—1

VEGETABLES

Spinach—1 ½ cups

Avocados—4 1/2

Kale—16 leaves + 1 bunch

Mixed greens—about 9 cups

Carrots—About 14 large

Celery ribs—7

Scallions—8

Purple cabbage—about 1 medium head

Red onions—about 1/2

Zucchini—8

Romaine leaves—2
Cucumber—about 1/2
Butternut squash—3 kg
Onions—6
Beets—4
Fennel bulbs—2
Broccoli—1 head
Brussels sprouts—1 kg
Sweet potatoes—2
Cauliflower—about a quarter head

NUTS & SEEDS

Pumpkin seeds
Chia seeds
Sunflower seeds
Sesame seeds

CONDIMENTS/ MISCELLANEOUS

Raw cacao
Shredded coconut
Vanilla extract
Honey
Poultry seasoning
Extra-virgin olive oil
Raw apple cider vinegar
Sunflower seed butter (optional)

Coconut milk yogurt—about 1 cup (optional)

Tahini

Coconut oil

Vegetable broth—8 1/4 cups

Toasted sesame oil

Coconut aminos (optional)

BEVERAGES

Dairy-free milk—about 3 liters

HERBS/SPICES

Cinnamon

Ginger powder

Cumin

Sea salt

Pepper

Turmeric

Garlic powder

Ginger root—about 8 inches

Fresh parsley—about 4 bunches

Garlic cloves—6