

Shopping List For Love Your Liver Cleanse (www.rayawellness.com)

Veggies/Perishables (*Refrigerate*)

Cilantro
Parsley
Mint
Oranges
Lemons
Limes
Kale, Broccoli, Brussel sprouts, anything else you like from cruciferous family - collards)
Spinach
Celery
Cucumbers
Avocado
Mango
Lettuces(romaine, arugula, mescaline, butter crisp , whatever you like, just no iceberg)
Apples
Asparagus
Carrots
Beets
Zucchini
Shitake and/or Portabello Mushrooms
Any sprouts

Veggies (*no refrigeration necessary, keep dry and out of light*)

Ginger
Red onion
Garlic
Shallots

Frozen or Fresh Berries

Blueberries
Strawberries

Stocking the Fridge (*things that will last*)

Coconut water (do **not** buy zirco brand) (doesn't have to be refrigerated, but nice to have cool on a hot day)
Raw Saurkraut or Kimchee
Miso (chickpea)

Stocking the pantry (*things that will last*)

Tahini
Tamari (wheat free)

Raw honey, liquid stevia, or coconut palm sugar or maple syrup(sweetener of your choice)

Himalayan salt

Wakame

Hijiki

Nori sheets

Raw cacao (if wanting dessert)

Coconut milk - native forest brand best (no bpa in cans)

Dulse flakes

Herbimare

Apple cider vinegar

Vanilla extract

cayenne pepper

gogi or golden berries (can toss in a few into a shake/smoothie for extra liver support)

Nuts and Seeds

Raw almonds

Raw sunflower seeds

Raw pumpkin seeds

Chia seeds

Flax seeds

Brazil nuts

Raw Cashews

Hemp seeds

sesame seeds

Oils

Flax oil

Olive oil

Coconut oil

Sesame oil

Dried Fruit

Dates

Prunes

Unsweetened cherries

Apple juice sweetened cranberries (be careful there are no other additives)

Dry Herbs and Roots (Support Liver Cleansing): *(there are a variety of "liver tea" recipes, pick something that sounds good to you, or feel free to make your own blend from these roots and herbs and use the recipes as an inspiration)*

Peppermint

Dandelion root

Milk thistle seed

Rose hips
Burdock root (may be hard to find)
Licorice root
red clover

Optionals *(if you are doing level 1 cleansing aka beginner, or are nursing, or are training really hard and need extra calories, or just want a very simple gentle cleanse) Then you can add the grains/beans/ and the other optionals below. Also, if you are a beginner cleanser, you can add more nuts, otherwise keep the nuts low.*

Grains and Beans: (to cook these, please soak them overnight first, drain, and rinse - this helps to remove enzyme inhibitors and makes them more digestible)
Quinoa
Rice
Buckwheat groats
Dried Chickpeas (garbanzo beans)
Bananas

Supplies

A few glass jars for sprouting
Nut milk bag
Blender and or juicer (if you have to pick one, get a blender. I love my Vitamix (it is pricey). Questions? just ask!
Food processor