

Grocery List and Tips for Liver Cleanse



Most things can be found at Whole Foods (WF), or Trader Joe's (TJ). Some thing can be found at Jewel as well. Stick with the brand name items when listed, or read the label very carefully. Some items come in store brands as well, but might have different ingredients - read the fine print!

Foods to avoid:

- Any food that you are allergic to
- Dairy (milk, cheeses, yogurt, butter), eggs, margarine, and shortening
- Foods prepared with Gluten containing cereals like wheat, oats, rye, barley, (normally found in breads, pasta, etc)
- Tomatoes and tomato sauces
- Corn (including corn byproducts, syrup, etc)
- Alcohol, Caffeine (coffee, black tea, sodas)
- Soy or products made from soy, (such as soymilk, tofu, tamari)
- Peanuts or peanut butter
- Beef, pork, cold cuts, bacon, hotdogs, canned meat, sausage, shellfish, meat analogues made from soy

JayBar Fudge Brownie or Coconut Cashew

Lindburg Brown Rice Spaghetti

Rice Butter by Galaxy Nutritional Foods

Knudson Juices , (any 100% juice is okay)

Jasmine Rice (WF or TJ Brand)

Turkish Figs, Dried

Apricot Applesauce

Sultan Stuffed Cabbage (canned – enjoy hot or cold!)

Turkey Bacon – w/o preservatives

Grilled Chicken Strips – already cooked and packaged (TJ are best)

Rice Dream (rice ice cream – check ingredients, some contain soy)

Red Aztec Quinoa (To make Quinoa Salad. Like tabouleh salad)

Matte chocolate tea (www.octaviatea.com)

Nana's Cookies

Veggie Chips – WF Brand

Guayaki Matte Chocolate Tea

Nutriva Coconut Oil (WF)

Terra Chips (any flavor)

Cinnamon Apple Sauce

Sunflower seeds, w or w/o salt, roasted

Frozen Fruit

Annie's Green Garlic salad dressing

Dried fruit (no sugar added)

Enjoy Life Cookies (any flavor)

Coconut Ice Cream

Trader Joe's Brand

Yellow Peaches in white grape juice (deelish!)

Extra Virgin Olive Oil

Ready Baby Spinach Mix

Organic Baby Romaine

Spence Smoked Trout

Herring Filets (packed in cans)

Smoked Herring in a can (great with bread and butter pickles)

Organic White grape juice

Chimichuri Salmon (prepared and frozen, deeeelish!)

Ginger Chews

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Guacamole (check for tomatoes)

Organic Coconut Date Rolls

Salad Mix

Sweet Apple Chicken Sausage

Spence Nova Lox

Duck Wrap Wild Salmon

Canned Smoked Trout

Premium Salmon Patty (pack of six)

Australian Lamb Loin Chops

Hummus

White Grape Juice

Frozen Veggies

Honey Lemon Sticks

Spelt Products

Rudi's Bread

Dr. Kracker Seed Spelt Crackers

Van Spelt Waffles (TJ has some wheat free as well)

VitaSpelt Pretzels

VitaSpelt White Spaghetti

Dr. Kracker Graham Crackers

Fabe's Bakery Oat Bran Muffins

Sha Sha Spelt Ginger Snaps

Yummy Snacks and Recipes

Berry Salad – Raspberries, Strawberries, Blueberries, and Blackberries, one pint of each, with some honey

Fish on crackers, with dill or bread and butter pickles

Green Olives stuffed with Garlic – at the olive bar at WF

Fresh green beans, Terra chips, or WF Veggie Chips dipped in Hummus (with or without tahini – just read the label and make sure there is no soybean oil. Some brands don't have any oil in them at all – choose those whenever possible)

Trail Mix - dried apricots, dried mangoes, almonds and cashews

Salad of mixed greens, Gogi Berries (or cranberries), and walnuts, with the balsamic vinaigrette.

Brown rice spaghetti with olive oil, garlic, salt, pepper, and olives (remember – no tomatoes!)

Celery or Rice cakes with Almond Butter (TJ has much less expensive almond butter, WF is expensive!)

Fantastic Leek Vegetable Soup – from the Silver Palate (check online for recipe)

Fried Rice – use coconut oil to fry the rice, bamboo shoots, water chestnut, peas, onions and carrots

Quinoa flakes can be used for a breading with Fish or Chicken (just wet the meat first and sauté in oil), or as a breakfast Cereal – use fresh fruit and stevia or honey

Rice milk with Emergen-C (like a creamsicle)

Sweet potato or regular potato baked fries, use olive oil and coarse sea salt

Sweet potato hash - sweet potato, onion, chicken sausage, turkey bacon for flavor during outer phases

Thai Stir Fry – Steam or sauté the following veggies: broccoli, eggplant, onion, yellow and green squash. Add almond butter to taste and serve over brown rice.

Red Beans and Rice – soak some dry red beans (most canned varieties have tomato sauce added!) and use brown rice.

- Add cumin, paprika, cayenne, salt and pepper to taste.
- Chicken sausage and avocado.
- Cucumber, scallion, vinegar and cilantro

Spinach and Mint soup:

- ½ cup extra-virgin olive oil
- 1 ½ cups chopped onion
- 1 9-10 ounce russet potato, peeled, thinly sliced
- 2 large garlic cloves, peeled
- 4 ½ cups (or more) low salt chicken broth
- 3 green onions, chopped
- 2 10-ounce packages frozen chopped spinach, drained very well
- 1 cup chopped fresh mint, divided
- 1/3 cup chopped cilantro
- 2 teaspoons Hungarian sweet paprika

Heat ¼ cup oil in large saucepan over medium heat. Add onion, sauté until tender, about 8 minutes. Add potato and garlic, sauté 5 minutes. Add 4 ½ cups broth and green onions; bring to boil. Cover and simmer until potato is tender, about 15 minutes. Add spinach, ¾ cup mint, and cilantro. Simmer soup 1 minute.

Puree soup in blender in batches; return to same pot. Thin with more broth by ¼ cupfuls, if desired. Season soup with salt and pepper. (the soup can be made ahead of time, chill until cold, then cover and keep chilled, rewarm before serving)

Heat remaining ¼ cup oil in small skillet over low heat. Mix in paprika; cook 1 minute. Ladle soup into bowls. Drizzle with paprika oil; garnish with fresh mint.

Shake Ideas:

You can add ice to make it more of a milk shake consistency

Use vanilla rice milk with cinnamon (1/2 teaspoon per day to reap the health benefits)

Vanilla rice milk with some orange juice (also like a creamsicle!)

Mix of different fruit juices and whole fruit – have fun with it!

Add your Essential Fatty Acids to the shakes