

SHAPE Program Phase I: BASIC CLEANSE Grocery List

Produce - Vegetable	Produce - Fruit	Meat, Poultry, Seafood	Grocery
Artichoke	Apples	Beef - ground	Applesauce
Asparagus	Apricot	Beef - roast	Artichoke hearts
Beet greens	Avocado	Beef - steak	Banana peppers
Bok choy	Blackberries	Bison	Broth
Broccoli/Broccolini	Blueberries	Chicken - breast	Capers
Brussels sprouts	Cantaloupe	Chicken - ground	Crackers
Cabbage	Cherries	Chicken - whole	Green beans (canned)
Cauliflower	Clementines/Tangerines	Crab	Hearts of palm
Cauliflower rice	Cranberries	Game	Marinara sauce
Celery	Grapefruit	Lamb	Pickles
Celery root	Honeydew	Lobster	Salsa
Chard	Kiwi	Salmon	Sauerkraut
Chayote	Lemons	Scallops	Seeds (chia, flax, hemp)
Collard greens	Limes	Shrimp	Sesame seeds/tahini
Cucumber	Oranges	Turkey - breast	Tomatoes (canned)
Daikon radish	Papaya	Turkey - ground	Tuna (canned)
Eggplant	Peach	Turkey - whole	
Fennel	Pear	Veal	
Garlic	Plum	Venison	Healthy Fats
Ginger root	Pomegranate	White fish	Avocado oil
Green beans	Raspberries		Coconut oil
Jicama	Rhubarb		Ghee
Kale	Strawberries	Beverages	Grapeseed oil
Kohlrabi		Coffee	Olive oil
Leeks		Cranberry juice (pure)	Sesame oil
Lettuce	Refrigerated	Mineral Water	Walnut oil
Mushrooms	Butter (grass-fed)	Milk	
Mustard greens	Cheese	Tea	
Okra	Cottage cheese		Miscellaneous
Onions	Eggs		Arrowroot powder
Peppers	Goat/sheep cheese	Condiments	Baking powder/soda
Radishes	Greek yogurt - plain	Aminos (Bragg/coconut)	Celtic Sea Salt®
Rutabaga	Kefir - plain	Horseradish	Cooking spray
Salad mix	Tempeh	Hot sauce	Flavor extracts
Sea vegetables	Tofu	Ketchup (Primal Kitchen®)	Gum/mints
Snow/Snap peas	Yogurt - plain	Mustard	Nutritional yeast
Spinach		Tamari soy sauce	Monk fruit sweetener
Sprouts		Vinegar	Spices
Squash	Frozen		Stevia
Sweet potatoes	Berries		Xanthan gum
Tomatoes	Chicken/Meat		Xylitol
Turnips	Vegetables		
Turnip greens			
Zucchini			

