

# Detox Grocery List

Choosing Whole Foods That Best  
Support Your Whole Self





*Detox is a buzzword often associated with diet and clean eating, but it's so much more than just drinking green juice.*

Our bodies have built-in detox systems, but as we've become inundated with chemicals and toxins in every area of our lives, detoxing properly has become more difficult. From air pollution and electronics to plastic containers, wall paint, processed foods, and beauty products, we're surrounded by harmful materials both inside and outside our homes.

Knowing where and how to start is often one of the hardest parts, especially when we may resist change at first. However, right now is an ideal time to gain more awareness around how our habits impact our health and feel more empowered to make adjustments that support our whole self.

When it comes to detoxing, it's always great to start with what we eat as food is one of the main areas disrupted by toxins due to the chemicals, pesticides, and hormones often added to make certain foods taste better and last longer. However, because we control what we buy and what goes into our bodies, we can make small tweaks to help get rid of unwanted toxins.

That's why we're providing a detox grocery list – so you can develop a better understanding of exactly which foods best support your whole self. You don't need to buy everything on this list at one time. Start with a few and see how your body responds.

Whether you're ordering groceries online or going to the store yourself, make a list ahead of time and see how many of the items below you already incorporate or plan to integrate!

**Interested in creating a healthier, safer and more sustainable life?  
Enroll in our online Detox Your Life Course for only \$249.**





| Vegetables<br>(organic when possible) | Fruit<br>(organic when possible) | Protein  | Herbs/Spices/Tea                |
|---------------------------------------|----------------------------------|--|---------------------------------|
| Asparagus                             | Apples                           | Brazil nuts  | Burdock root                    |
| Bell peppers                          | Avocado                          | Beef (organic, grass-fed, antibiotic - and hormone-free) | Cilantro                        |
| Beets                                 | Bananas                          | Chickpeas  | Chicory root (for tea)          |
| Broccoli                              | Berries                          | Eggs (organic-pastured)                                  | Cloves                          |
| Cauliflower                           | Dates                            | Lentils (mung beans)                                     | Dill                            |
| Garlic                                | Figs                             | Low-mercury fish   | Dandelion herbal tea blend      |
| Kale                                  | Oranges                          | Poultry (organic, antibiotic-free)                       | Ginger (fresh root or ground)   |
| Leafy greens                          | Peaches                          | Pumpkin seeds  | Rosemary                        |
| Onion                                 | Pomegranate                      | Sunflower seeds  | Tea (green, rooibos)            |
| Watercress                            | Purple grapes                    | Walnuts  | Turmeric (fresh root or ground) |

Interested in creating a healthier, safer and more sustainable life?  
 Enroll in our online Detox Your Life Course for only \$249.





In our Detox Your Life Course, scientist, author, clean food expert, and IIN visiting teacher Dr. Deanna Minich provides a deep dive into how to use quality, whole foods to detoxify the body. She shares the types of foods you should remove from your diet and the types of food you should replenish with so that you can feel nourished and truly thrive.

You'll also hear from three other experts who will focus on helping you reduce toxins commonly found in your beauty and self-care products, living space, and mind. You'll access engaging and interactive exercises, support tools, handouts, and guides, which you can apply to your own life to help take your online learning a step further. You'll even be able to share these tips with your family, friends, and loved ones because IIN is all about spreading positive transformation to as many people as possible!

[Enroll Now](#)

**Interested in creating a healthier, safer and more sustainable life?  
Enroll in our online Detox Your Life Course for only \$249.**

