

Grocery shopping List

Vegetables

- ✓ Butternut squash (16 oz)
- ✓ Carrot (1)
- ✓ Celery (1 rib)
- ✓ Onion (2, medium yellow)
- ✓ Mixed (for Cleanse Day 3 - approx 1-2 c fresh -- green beans, carrots, spinach, other greens)

Fruits

- ✓ Green apples (3)
- ✓ Different colored fruits (for Cleanse Day 3), e.g., apples, pears, oranges, all berries, papaya

Herbs & Spices

- ✓ Cardamom powder
- ✓ Cilantro, fresh
- ✓ Cinnamon powder
- ✓ Ginger, fresh
- ✓ Mint, fresh
- ✓ Nutmeg
- ✓ Turmeric powder
- ✓ Salt and Pepper

Pantry items (Grains, Legumes)

- ✓ Basmati rice – white and brown (or just white is fine)
- ✓ Moong dal
- ✓ Oatmeal

Condiments & Other

- ✓ Lemon juice
- ✓ Maple syrup
- ✓ Ghee (clarified butter)
- ✓ Lime juice
- ✓ Apple juice
- ✓ Almonds (for oatmeal on Cleanse Day 3)
- ✓ Raisins (for oatmeal on Cleanse Day 3)

Katie Rosenthal, Ayurvedic Health Counselor ~ KRATU Wellness

www.kratuwellness.com ~ KratuHealth@gmail.com ~ 609.658.5746

Teas

- ✓ Peppermint
- ✓ Chamomile
- ✓ Ginger (**Cut a 2" piece of fresh ginger root, and thinly slice. Bring 3c water to boil in a pot. Add the sliced ginger and reduce heat to a simmer. Brew for about 5min - strain the ginger. Sip tea slowly. May add honey to taste.)
- ✓ Also: mint, rosemary, oregano, cilantro, sage, basil (can all be combined into one tea blend - about 1tsp of each)

Massage oil

- ✓ Grapeseed oil
- ✓ Jojoba oil
- ✓ Sesame oil
- ✓ Geranium essential oil
- ✓ Lavender essential oil

Notes:

- Sustainably produced foods contain more healthy energy, so choose organic and local when possible.
- If you can't find a certain item, contact me.
- Consider the shopping for your detox as part of the cleanse process – schedule a good chunk of time to just focus on selecting and gathering your ingredients. Make it a fun “me-time” activity ☺