

SHOPPING LIST

Grocery list for the Cleanse and Reset sample meal plan

FRUIT

Apple (1 small)
Lemons (3)
Papaya (1 bunch)
Pineapple (3 cups, fresh or frozen)
Limes (2)
Raspberries (1 box)
Honeydew Melon (1)
Strawberries (1 pint)

HERBS/ SPICES

Black pepper
Celtic or pink Himalayan salt
Cinnamon
Nutmeg
Thyme (1 small bunch)
Parsley (1 bunch)
Mint (1 bunch)
Ginger root (4-5 in. knob)
Stevia or Monk fruit
Arrowroot (smallest)

ADDITIONAL

Multivitamin and multimineral supplement

VEGETABLES

Asparagus (1 lb)
Carrots (1 lb)
Cauliflower (1 medium head)
Celery (1 bunch)
Cucumbers (1, English)
Garlic (1 head)
Kale (1 large bunch)
Leeks (2)
Onion (1 small)
Romaine Lettuce (1 head)
Spinach (5oz box)

PROTEIN

Chocolate Collagen protein (5 servings, 15-25 grams protein per serving)
Flavorless collagen (5 servings, 15-25 grams protein per serving)
Vanilla Collagen protein (5 servings, 15-25 grams protein per serving)

HEALTHY FATS

Canned full-fat coconut milk (5 14-oz cans)
Avocado oil or Olive oil (smallest bottle)
Chia seeds (small bag)
Coconut or almond milk (½ gallon)
Ghee or pastured butter (¾ lb)

BONE BROTH

Chicken bone broth (½ gallon or 8 cups)

*If making own:

2+ lbs chicken thighs, legs, and wings
3+ lb raw or cooked chicken bones/carcasses
6-8 chicken feet, optional
Apple cider vinegar
Bay leaf
Onion
Peppercorn

Don't want to make your own bone broth?

Shop Dr. Kellyann's Bone Broth!