

THE 2016 #CAMILLESTYLES CLEANSE *official grocery list*

PANTRY STAPLES

- eggs
- almond milk
- honey
- maple syrup
- steel cut oats
- dijon mustard
- coconut oil
- lemons
- limes
- vanilla extract
- soy sauce
- herbal tea
- fresh herbs (cilantro, basil, mint, parsley, dill)
- chile powder
- cumin
- olive oil
- salt & pepper

PRODUCE

- 4 bananas
 - 1 small head cauliflower
 - 1 bag brussels sprouts
 - 6 avocados
 - 1 grapefruit
 - 2 jalapeños or serrano peppers
 - 1 pint blueberries
 - 2 pints cherry tomatoes
 - 1 bunch scallions
 - 1 pear
 - 3 sweet potatoes
 - 2 onions
 - 1 red bell pepper
 - 2 heads of garlic
 - 1 large piece of ginger
 - 2 oranges
 - 2 cucumbers
 - 1 package sunflower sprouts
 - 2 bunches romaine lettuce
 - 2 bunches of kale
 - 1 asian pear
 - 1 bag of spinach
 - 1 small head of red cabbage
 - 1 package strawberries
 - 1 bag of arugula
- (for optional Saturday salad: 1 mango, 2 shallots)

BULK SECTION

- 4 tbsp hemp seeds
- 2 tbsp cacao nibs
- small handful coconut flakes

DRY GOODS

- 1 bag rice noodles
- 1 bag rice paper rolls
- 1 1/3 cup quinoa
- 1 box soba noodles
- 28oz canned tomatoes
- 2 15 oz cans black beans
- plantain chips
- 1 pitted date
- dried cranberries
- cacao powder
- nuts & seeds: pumpkin seeds, pine nuts, almonds, walnuts, sesame seeds, chia seeds

MEAT AND FISH

- 1 salmon filet
- 2 chicken breasts

DAIRY AND REFRIGERATED SECTION

- 1/2 cup shelled edamame
- 8oz block tempeh
- 1 container crumbled goat cheese

CONDIMENTS

- fish sauce
- coconut milk
- chili paste
- almond butter
- hummus
- tomato paste
- rice vinegar
- hoisin sauce
- sesame oil
- sriracha