

# Orenda 10-Day Detox Cleanse

## Shopping List

Use this suggested shopping list to get off to a quick start. Spices are OK, but watch the sugar content in combination spices (i.e. garlic pepper) If you are grilling or stir-frying your veggies, only 1 T (tablespoon) of healthy oil (i.e. extra virgin olive oil) daily is allowed.

### Vegetables:

unlimited, unless otherwise noted

- Asparagus
- Broccoli
- Brussel Sprouts
- Butternut Squash
- Cabbage
- Carrots
- Cauliflower
- Celery
- Cucumber
- Garlic
- Green Beans
- Kale
- Lettuce (all varieties)
- Mushrooms
- Onion
- Peppers (all varieties)
- Spaghetti Squash
- Snap Beans
- Spinach Greens
- Tomatoes
- Zucchini



### Additional Items:

- Almond, Coconut or Cashew Milk (unsweetened)
- Apple cider vinegar
- Balsamic vinegar (low sugar)
- Coffee or Tea (no additives)
- Lemon or lime
- Nut Butters (w/o sugars or salts)
- Oil (1 tbsp) / Vinegar Salad dressing (no sugars, no sweeteners)
- Stevia drops/ packets
- Fresh herbs

### Fruits:

- Apples
- Avocados (2 slices)
- Bing Cherries (3/4 cup)
- Blackberries (1/2 cup)
- Blueberries (1/2 cup)
- Grapefruit (1/2 cup)
- Raspberries (1/2 cup)
- Strawberries (1/2 cup)
- Oranges
- Orenda OPC
- Peaches
- Peas
- No grapes, melon, pineapple or bananas



### Legumes:

- Beans (black, northern, red or garbanzo, etc.)
- Peas
- Lentils
- Peanut Butter (natural, no sugar, 1 tbsp)

### Avoid These Items:

- All Soft Drinks (Diet Included)
- Artificial sweeteners
- Dairy
- Potatoes & Sweet Potatoes
- Rice, Pasta, Oatmeal and Grains