



3 Star Holiday Detox Meal Plan Shopping List ✨

Proteins & Seafood

- Chicken Breast (1)
- Duck Breast (1)
- Grass-Fed Lamb Chops (1 pkg)
- Halibut Fillet (1)
- Pork Tenderloin (1 small)
- Scallops (1 small pkg)
- Smoked Trout (1 small pkg)
- Turkey Breast (1)
- Wild Salmon Fillet (1)

Dairy & Deli

- Goat Cheese (1 small log)
- Greek Yogurt (1 small tub)
- Cream Cheese (1 small tub)
- Butter (1 block)

Grains & Bread

- Ancient Grain Bread (1 loaf)
- Brown Rice (1 bag)

Produce I

- Açai Packet (1)
- Apple (1)
- Arugula (1 bag/clamshell)
- Asparagus (1 bunch)
- Avocado (1)
- Banana (1)
- Beets (pre-cooked, 1 pkg)
- Bell Pepper (1)
- Blackberries (1 small container)
- Carrot (1)
- Cherries (1 small bag)
- Cucumber (1 English)
- Dragon Fruit (1)
- Fennel (1 bulb)
- Garlic (1 head)
- Jalapeño (1)

Produce II

- Heirloom Tomato (1)
- Kiwi (1)
- Lemons (2)
- Limes (2)
- Meyer Lemon (1)
- Microgreens (1 small pkg)
- Mixed Baby Greens (1 large bag/clamshell)
- Orange (1)
- Papaya (1)
- Pineapple (1 small, or pre-cut pkg)
- Potato (1 small Yukon gold)
- Radishes (1 bunch)
- Spinach (1 bag)
- Zucchini (1)

Fresh Herbs

- Chives (1 bunch)
- Dill (1 bunch)
- Mint (1 bunch)
- Rosemary (1 bunch)
- Thyme (1 bunch)

Pantry & Superfoods

- Almond Milk (vanilla, 1 carton)
- Bee Pollen (1 jar)
- Cacao Nibs (1 bag)
- Cashews (raw, 1 bag)
- Chia Seeds (black, 1 bag)
- Coconut Flakes (unsweetened, 1 bag)
- Coconut Water (1 small carton)
- Maca Powder (1 jar)
- Matcha Powder (culinary, 1 small tin)
- Olive Oil (1 bottle)
- Rice Vinegar (1 bottle)
- Vegetable Broth (1 carton)
- Walnuts (1 bag)
- Balsamic Glaze (1 bottle)
- Dijon Mustard (1 jar)