

SPRING 5-DAY

Reset

with Edie Hoppin



shopping list





SHOPPING TIPS

- If a Farmer's Market is running in your area, try buying some of your produce there. It's fresher, cheaper, and always tastes better than what you can find in the grocery store.
- Shop in the bulk aisle for spices, dry beans, and grains. The products are often fresher and you don't need to buy a whole jar of something when you only need a few teaspoons.
- Consider going to a health foods store for this cleanse as they'll be likely to have more organic items. Co-ops are often less expensive than chain stores and many don't require you to be a member. To find a great co-op near you, visit <http://www.localharvest.org/> and click the "Grocery/Co-op" button, enter your ZIP code and hit search.
- Remember to bring re-usable shopping bags. If you don't have any, check out www.envirosax.com. These bags are sturdy and fold up into a small ball so they can easily fit in your purse.
- If you have a Trader Joe's in your area, try shopping there first as they often have many items at a better price than other chains.
- Ask questions – if you don't know where to find something, just ask someone who works there.
- Check your pantry, fridge, and freezer to see which items you already have to make sure you don't double up.
- Ideally, I'd like you to purchase ALL your produce items organically, but I know that can get pricey. Go online and print the The Dirty Dozen & Clean Fifteen list at <http://www.ewg.org/foodnews/>. This guide shows you which produce items are important to buy organic and which are okay to buy not organic.

On the following pages, you'll find a space to write down all the ingredients you'll need, along with shopping tips. Set aside 20 minutes to read through the recipes and choose 2-3 from each section (breakfast, lunch, dinner, sweet treats and snacks) and add those ingredients to your shopping list. Be sure to check your pantry before heading to the store.

 **SPICES & HERBS**

Check the bulk section for Spices and Herbs – they are often much fresher and it saves \$ to buy just what you need rather than purchasing them in a jar.

Grab some sea salt – REAL Salt is a great brand that can be found at health food stores and gourmet groceries. You can buy other brands as well; just be sure to buy sea salt that isn't bright white. Pink, grey, brown and black are all good colors.

 **BULK SECTION**

I love buying grains in bulk because I can buy the exact amount I need.

SUPPLEMENTS – All are optional

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- Vitamin B complex in capsule form (1000 total mg daily)
- Vitamin C in capsule form (2000 mg daily)
- Vitamin D in capsule or drops (2,000-4,000 IU daily)
- Probiotics – look in the refrigerated section (1 capsule daily)
- Milk thistle (2 capsules daily)
- Dandelion, nettle, or detox tea
- Herbal laxative or laxative tea. Look for senna or cascara in the ingredients, and only purchase if you are prone to constipation.
- Epsom salts

SOME OF THE BRANDS I LIKE

- Dr. Ohhira's (probiotic)
- BioKult (probiotic)
- Eclectic Institute (milk thistle)
- Ester C (Vitamin C)
- Jarrow Formulas (all)
- Mega Foods (all)
- New Chapter Organics (all)
- NOW (Vitamins B, C, D)
- Oregon's Wild Harvest (milk thistle)
- PCC Private Label Supplements

Keep in mind that when it comes to supplements, you truly get what you pay for. There are no standardizations when it comes to supplements, so you'll want to buy a brand that has been around awhile and has a good reputation. You'll want to purchase both Vitamin B and C in capsule form, not tablet, as tablets can be hard for your body to break down. The product should also be free of preservatives, fillers, binders, coloring agents, gluten, corn, soy, yeast and lactose. If you can't find quality brands at your local store, try ordering from Amazon.

This information is being provided to you for educational and informational purposes only. It is being provided to educate you about how to take care of your body and as a self-help tool for your own use so that you can reach your own health goals. It is not intended to treat or cure any specific illness and is not to replace the guidance provided by your own medical practitioner. This information is to be used at your own risk based on your own judgment. If you suspect you have a medical problem, we urge you to take appropriate action by seeking medical attention.