

the food lover's cleanse 2015

SHOPPING LIST

Note: The first week's shopping trip is considerably larger than the second week's. This is because you'll be stocking up on pantry items you'll be using throughout the entire cleanse (and beyond). We've put asterisks next to the items you'll be using again in Week 2.

Unless otherwise specified, consider each item listed below to be one small can, jar, bottle, box, or however else the item is sold. Where we've deemed it useful, we've listed more specific quantities of items, taking into account the total requirements for those items over the full two weeks of the cleanse.

Week 1

PANTRY

Kosher salt
Freshly ground black pepper
Fine sea salt
Flaky sea salt
Olive oil
Walnut oil
Coconut or canola oil
Vegetable or grapeseed oil*
Sesame oil*
White wine vinegar
Rice vinegar*
Soy sauce
Dijon mustard*
Whole grain mustard*
Agave nectar (syrup)*

Chinese five spice powder
Cayenne pepper*
Smoked paprika*
Caraway seeds
2 cinnamon sticks
Whole cloves
Pink peppercorns* (optional)
Sesame seeds*
4 dried chiles de arbol
Bonito flakes* (optional)
Toasted nori* (optional)
Smoked sea salt* (optional)

White miso
Kimchi*
Gochujang*
1 14-oz. can unsweetened coconut milk
2 15-oz. cans cannellini beans
1 8-oz. can water chestnuts
2 quarts low-sodium chicken broth*

PANTRY (CONT.)

Anchovy fillets packed in oil
Black olives
2 cups golden raisins*
½ cup pomegranate juice
Unsweetened almond milk*
1 bottle dry white wine*
½ tsp. orange-flower water* (optional)

Chia seeds
¾ cup shelled pumpkin seeds*
¼ cup shelled sunflower seeds*
¼ cup peanuts
1 cup walnuts*
½ cup almonds
½ cup shelled pistachios*
2½ cups blanched hazelnuts*
½ cup cacao nibs*
16 oz. bittersweet chocolate*
Dried Turkish figs*
Dried apricots*
Medjool dates*
¼ cup unsweetened shredded coconut*
½ cup unsweetened flaked coconut*

2½ cups steel-cut oats*
3½ cups hulled, hull-less, or pearled barley
2½ cups Bhutanese red rice*
2 cups black rice*
1¼ cups dried flageolet beans

PROTEIN

1½ lb. snapper, halibut, or cod fillets
1¼ lb. skinless mahi-mahi fillets (can sub ono, albacore, or swordfish)
2¼ lb. turkey breast on the bone
1¼ lb. boneless skinless chicken thighs
2 14-oz. packages extra-firm tofu
2 12-oz. packages silken tofu*

DAIRY

1 quart Greek yogurt or sheep's milk yogurt*
1 quart low-fat buttermilk*
5 oz. chèvre*
1 dozen eggs

PRODUCE

2 bunches rainbow chard (1 lb.)
1 head butter lettuce
1 bunch spinach
1 bunch curly kale
1 bunch mustard greens
1 small cabbage
1 small Savoy cabbage
1 small bunch watercress
1½ lb. frisée and/or arugula
1 head radicchio
1 small head fennel
2 bunches broccolini (1¼ lb.)
2 leeks
8 oz. shiitake mushrooms
8 oz. oyster or beech mushrooms
1½ lb. Brussels sprouts
4 lb. beets
3 large carrots
3 large parsnips
2 medium turnips
1 medium celery root
2 medium butternut squash
3 medium onions
4 large onions
1 small red onion
1 bunch scallions
3 heads of garlic
1 3-inch piece of ginger*
1 small bunch cilantro
Several bunches thyme*
1 small bunch dill
1 bunch rosemary
1 small bunch sage
1 large bunch parsley*
1 small bunch tarragon
3 lemons
1 lime
3 navel oranges
2 small grapefruits or blood oranges
2 mandarin oranges
3 pears
1 pomegranate
1 large pineapple
1 apple

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Week 2

PANTRY

Sherry vinegar
Ground cumin
Whole cumin seeds
Mustard seeds
Turmeric powder
Garam masala (optional)
Furikake (optional)
Crushed red pepper flakes
(like Aleppo or Marash)

1 14-oz. can unsweetened
coconut milk
1 15-oz. can chickpeas
1 cup cooked chestnuts
½ oz. dried porcini mushrooms

¼ cup pine nuts
Almond butter
Tahini
1¼ cup red quinoa

DAIRY

1 dozen eggs

PROTEIN

1½ lb. skinless swordfish steak
1¼ lb. manila clams
1¼ lb. pork tenderloin
1 3½-4 lb. whole chicken
1¼ lb. boneless skinless chicken
thighs

PRODUCE

2 bunches Rainbow chard (1 lb.)
1 small head butter lettuce
1 head romaine lettuce
1 small bunch spinach
2 small bunches arugula
1 small head radicchio
2 Belgian endives
1 small head escarole
1 head fennel (with fronds)
1 head celery
3 leeks
1 cucumber
10 oz. shiitake mushrooms
4 oz. mixed wild or cultivated
mushrooms (black trumpet,
maitake, chanterelle, beech,
oyster, and/or shiitake)
1 lb. Brussels sprouts
4 lb. beets
3 medium carrots
2 medium celery root
3 medium sweet potatoes (1½ lb.)
2 medium butternut squash
2 avocados
5 medium onions
4 large onions
1 small red onion
1 small shallot
1 bunch scallions
2 heads of garlic
2 small serrano chiles
1 small bunch cilantro

PRODUCE (CONT.)

1 small bunch thyme
1 small bunch chives
2 lemons
1 lime
4 large oranges
2 medium papayas
3 apples
2 medium pineapples
1 Asian pear
2 mandarin oranges
2 small grapefruits or blood
oranges