

DR OZ'S 48-HOUR



WEEKEND CLEANSE SHOPPING LIST

MILK & JUICES

- Pint of Rice Milk
- Pint of Almond Milk/ Hemp Milk
- 1 Can of Unsweetened Pineapple Juice
- 1 Pint of Pomegranate Juice
- Water

SPICES

- Small Container of Nutmeg
- Small Container of Caraway Seeds
- Small Container of Sea Salt
- Ground Pepper
- Small Container of Paprika
- 1 Bunch of Mint
- 1 Bunch of Oregano
- 8 Sprigs of Parsley

OILS

- Small Container of Flax Seed Oil
- 1 Small Container of Olive oil

PASTA & GRAINS & STARCHES

- 4oz Quinoa
- 1 Small Container Flax Seeds or Chia

FRUITS & VEGETABLES

- 1 Medium Ginger Root
- 1 Package of Prunes
- Pineapple
- 1 Large Bunch of Kale
- 3 Lemons
- 1 (4oz) Bag of Frozen Blueberries
- 1 Banana
- 2 Red Onions
- 3 Celery Stalks
- 1 Fennel Bulb
- 1 lb of Shitake Mushroom Caps
- 4 Cloves of Garlic
- 1 Head of Cabbage
- 1 Container of Traditionally Fermented Sauerkraut
- 3 Apples
- 1 Bunch of radishes
- 1 lb of Green Beans