

WEEK 3: MEAL PREP SHOPPING LIST

This 30-minute meal prep will make breakfast and lunch for 1 person for up to 4 days, with possible leftovers for dinner. See the bonus suggestions below for using up the leftovers!

Fresh Produce:

- 1 head Romaine lettuce
- 1 head of cabbage
- 2-3 large carrots
- 1 bunch green onions
- 1 bunch fresh cilantro
- 2 lemons
- 2-3 limes (or more lemons)
- 4 cloves garlic
- 16 Medjool dates
- 2 inches fresh ginger
- Fresh fruit (for topping chia pudding, if desired)

Pantry Staples:

- Almonds (1 cup)
- Raw tahini (1/2 cup)
- Extra-virgin olive oil (1/2 cup)
- Chia seeds (1/2 cup)
- Cacao powder (1/2 cup)
- Vanilla extract
- Almond butter (1/2 cup)
- Apple cider vinegar
- Tamari (gluten-free soy sauce)
- Raw honey
- Red pepper flakes
- Ground cumin
- Salt

Optional toppings:

For salads:

- Sliced almonds
- Chicken or fish
- Cooked chickpeas

For chia pudding:

- Sliced banana or other fresh fruit

BONUS LEFTOVER IDEAS

Egg Roll in a Bowl

If you have extra shredded cabbage, carrots, green onions, and cilantro, they all work well in this easy stir-fry. Find the recipe on Detoxinista.com.

Detox "Spaghetti"

If you keep marinara sauce in your pantry, leftover cabbage can also make a comforting pasta-like substitute! Find the recipe on Detoxinista.com.

Pad Thai Noodles

If you have leftover dressing, stir it into cooked spaghetti or buckwheat noodles, with your favorite sautéed veggies, like sliced peppers, onions, and cabbage.