



CLEANSE AND RESET PROGRAMME

SHOPPING LIST

Use this shopping list as a rough guide. None of these ingredients is absolutely essential and you won't need every single item on the list, but these are useful ingredients which you can keep using even after the programme to maintain your healthy lifestyle.

Some shopping tips:

- Fruits/ veg – you can buy a mixture of fresh and frozen. Frozen is usually more economical and sometimes even more nutritious as nutrients degrade over time and freezing preserves them. So don't be afraid of buying frozen – especially berries, spinach, broccoli, cauliflower, brussels sprouts.
- Buy organic wherever possible to reduce your exposure to pesticides.
- Oats – although oats are naturally gluten free, due to modern production processes they become contaminated with gluten, hence the need to buy certified gluten free oats.
- Psyllium husk powder – this is a specialist ingredient available in health food shops or online – I highly recommend you buy this, it comes in useful for baking gluten free breads and crackers!
- Stock up on beans and pulses – lentils, chickpeas, all types of cooked beans (but not baked beans!). These can be bought pre-cooked in tins/ pouches but preferably in glass jars if you can find them! (Specialist international/continental shops e.g. Turkish/ Polish supermarkets usually stock these in large glass jars).
- Teabags – these are a hidden source of plastics which leach into the hot water and then into your body. It's important to source plastic-free teabags, my favourite brands are: Pukka, Clipper Organic, Hampstead Tea, Teapigs.
- Oils/ seed and nut butters – buy in glass jars rather than plastic.
- Dairy free milks – if you're buying these please read the ingredients to ensure they are UNSWEETENED. If you have your own high speed blender (e.g. Nutribullet) you can easily make your own nut milk or coconut milk. It's more economical and reduces your exposure to plastics which are found in the lining of food cartons.
 - For nut milks you will need a cheesecloth/nut milk bag – available on Amazon. You just soak the nuts overnight, then blend them with water and a pinch of salt. You then strain the liquid using the cheesecloth and store in the fridge.
 - For making your own coconut milk, you just need creamed coconut – I like Lucy Bee. You blend that with water in your Nutribullet, and no straining is required.



Orley Kutner Nutrition

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Vegetables

Jerusalem artichoke

Brassicas:

Bok Choi
Broccoli
Broccoli Sprouts
Brussels Sprouts
Cabbage
Cauliflower
Chard
Collard Greens
Horseradish
Kale
Mustard Greens
Radishes
Turnips
Watercress

Detoxifying Leafy Greens:

Beet Greens
Bok Choi
Chard
Collard Greens
Coriander
Dandelion Greens
Fennel
Parsley
Spinach

Liver & Kidney Support:

Artichokes
Asparagus
Avocado
Beetroot
Carrots
Celery
Courgette
Cucumber
Garlic
Green Beans
Leeks
Lettuce/Mixed Greens (Romaine, Red & Green Leaf)
Onion
Sea Vegetables
Butternut Squash
Sweet Potatoes
Water Chestnuts
Radicchio
Parsnip

Grains & Pasta

Brown rice
Black wild rice
Red rice
Quinoa
Quinoa flakes
Gluten free oats
Buckwheat flour (for pancakes)
Buckwheat pasta
Lentil pasta
Brown rice noodles

Protein

Chicken (breast only)
Cod
Halibut
Herring
Lamb (lean roast leg)
Mackerel
Pollock
Rice Protein Powder
Salmon
Sardines
Trout
Turkey
Venison

Herbs & Spices

All herbs and spices are allowed and strongly encouraged as they are full of phytonutrients which can help with detoxification and reducing inflammation. Try and include these as much as possible in your foods.

Some suggestions include:

Turmeric
Cinnamon
Black pepper
Coriander
Ginger
Garlic powder
Oregano
Rosemary
Thyme
Oregano
Parsley
Caraway seeds
Cumin
Himalayan or sea salt

Pulses

Black
Cannellini
Chickpeas
Hummus
Kidney Lentils
Lima
Mung
Navy
Pinto
Split Peas

Dairy alternatives

Almond milk
Coconut milk
Hemp milk
Hazelnut milk

Fruits

Detoxifying Phytochemicals:

Blackberries
Blueberries
Cherries
Clementine
Cranberries
Lemon
Lime
Pears
Pomegranate
Raspberries
Strawberries

Digestive Support: Apple

Grapefruit
Papaya
Pineapple

Nuts & Seeds

Almonds
Almond flour (ground almonds)
Brazil Nuts
Chia Seeds
Coconut (Unsweetened, grated)
Flax Seeds - ground
Hazelnuts
Hemp Seeds
Linseeds
Macadamia Nuts
Nut Butter (raw and sugar free, NOT peanut)
Pecans
Pine Nuts
Poppy Seeds
Psyllium husk powder
Pumpkin Seeds
Sunflower Seeds
Tahini
Walnuts

Oils/ Vinegar

Avocado oil
Olive oil (extra virgin)
Coconut oil (extra virgin)
Olives
Apple cider vinegar
Balsamic vinegar

Drinks

Water – filtered if possible
Dandelion leaf tea
Nettle tea
Green tea
Herbal tea
Fruit tea
Infused water – mint/ cucumber/ lemon/ lime/ ginger
Vegetable juices