

25 Best Detox Foods Printable Grocery List

courtesy of



Fruits

- Lemons
- Avocados
- Grapefruit

Vegetables

- Artichokes
- Beets
- Broccoli
- Asparagus
- Cabbage
- Collard Greens
- Garlic
- Ginger
- Kale
- Watercress
- Wheatgrass
- Fennel
- Onions

Herbs & Spices

- Green Tea
- Turmeric
- Dandelion Root
- Lemongrass

Fats & Oils

- Guacamole
- Olive Oil

Proteins

- Almonds
- Wild Salmon

For more information visit www.loseweightbyeating.com