

# THE COOKING LIGHT 3-DAY DETOX

## SHOPPING LIST

### Staples you'll likely have on hand:

- Chili powder
- Cooking spray
- Crushed red pepper
- Curry powder
- Dijon mustard
- Ground coriander
- Ground cumin
- Ground ginger
- Large eggs
- Olive oil
- Salt and pepper
- Sherry vinegar
- White wine vinegar

### Produce

- Apple (1)
- Avocado (1)
- Baby carrots (1 [1-lb.] bag)
- Baby spinach (1 [5-oz.] pkg.)
- Banana (1)
- Cherry tomatoes (1 pint)
- Fresh cilantro (1 bunch)
- Fresh parsley (1 bunch)
- Garlic (1 head)
- Lacinato kale (2 bunches)
- Lemons (2)
- Lime (1)
- Navel or blood oranges (3)
- Red bell peppers (2)
- Sweet potato (10 to 12 oz.)
- Thyme sprigs (1 pkg.)
- Yellow onions (2)

### Dairy Case

- Plain 2% reduced-fat Greek yogurt (1 [17.6-oz.] container)
- Unsweetened refrigerated coconut milk (such as Silk) (1 [1.89-liter] container)

### Meat and Seafood

- Boneless, skinless chicken breasts (2 [4-oz.] pieces)
- Peeled and deveined raw large shrimp (6 oz.)

### Dry Goods

- Cooked quinoa (1½ cups)
- Dried brown rice (½ cup)
- Dried green lentils (1 cup)
- Peanut butter (1 [1.15-oz.] creamy natural packet)
- Reduced-sodium vegetable broth (1 qt.)
- Unsalted black beans (1 [15-oz.] can)
- Unsalted chickpeas (2 [15-oz.] cans)
- Walnuts (⅔ cup)

### Frozen

- Mango (12 oz.)

**Total cost: \$66.92**

(Total cost includes three days of breakfast, lunch, dinner, and two daily snacks.)

