



# Shopping List

All food should preferably be in season, local and organic. Even Safeway has a growing organic produce section these days! Health food stores like Whole Foods and Indian grocers will have these items.

## Beans

- Orange Lentils 1 pound (not during 3-day cleanse)
- Split (or whole) mung beans 1 pound (split mung for Kitcheree and during month)

## Grain

- Basmati Rice (best is aged, from Pakistan or India): 2 pounds
- Oatmeal 1/2 pound
- Cream of Wheat (Bear Mush in health food stores) 1/2 pound
- Miscellaneous as needed: quinoa, amaranth, barley

## Vegetables – main

Half pound to one pound of each of four of the following:

- Carrots
- Turnips
- Broccoli
- Summer squash in summer
- Acorn or butternut squash in winter
- Cauliflower
- Yams (Garnet yams are the best!)
- Green beans in summer
- Kale or other leafy greens

## Other vegetables

- Cilantro one bunch per two days
- Spinach for kitcheree
- Leeks to use instead of onions
- Fresh Ginger for kitcheree, stir fry, hot spiced milk, and as appetizer

## Meats (quantities depend on metabolism)

- Chicken (white meat)
- Turkey (white meat)
- Fish (freshwater)

## Oils

- Ghee 5 oz or more (for all four weeks you may use 20-30 oz)
- Olive Oil (for vegans), same amount as for ghee
- Coconut Oil (raw, unprocessed, if you choose this oil. It is cooling, good for Passionates and in summer season. Ghee is the best oil for Passionates, however.)

## Condiments

- Cottage cheese – use small amount as condiment. Unfermented; I like Knudsen's.
- Bragg's Liquid Aminos (for those who prefer soy sauce, this is less salty) or Coconut Liquid Aminos
- Chutneys – preferably not with tomato or chili base. You can purchase sweet chutneys like peach or pear chutney or cilantro chutney. Even apple sauce can be used as a chutney. Apple chutney recipe is in the recipe section.

## Cooking Spices

- Himalayan Rock Salt (preferable to sea salt; better for blood pressure)
- 2 ounces of the following:
  - Cumin seeds
  - Coriander powder
  - Turmeric powder
  - Ginger powder
  - Dried coconut shavings
- Asafetida (a small tin lasts forever; you just use a pinch each time).
- Nutmeg

## Desserts

- Pears, peaches, dates, almonds, fruit pies, apple sauce (sweets that are not too sugary), preferably cooked)