BODY BELIEF

PURIFY Phase Grocery List

- ☐ 8 Lemons
- ☐ Apple Cider Vinegar
- ☐ Cinnamon
- ☐ 1 BPA-freecan [LC6] of full fat coconut milk
- ☐ 13.5 ounces cream
- ☐ 1 tablespoon Inner-Eco fermented coconut water probiotic kefir or
- ☐ 1 capsule of any probiotic
- ☐ 2 bottles of Kombucha (your choice)
- ☐ 2 Sweet Potatoes
- ☐ Cultured Ghee
- ☐ 8 oz. Salmon
- ☐ Asparagus
- ☐ Coconut Oil
- ☐ Pink Himalayan Sea Salt
- ☐ Tumeric
- ☐ Ginger
- ☐ 8 oz. steak
- ☐ Spinach
- ☐ Kale
- ☐ 8 oz. Cod
- ☐ Broccoli
- ☐ Cauliflower
- ☐ 4 or 5 heads of red or green cabbage
- ☐ 8 oz. Lamb
- ☐ Beets
- ☐ 4 lbs. beef marrow and knuckle bones
- ☐ 1 calf's foot (or 3 chicken feet)
- ☐ 1/2 cup vinegar
- ☐ 3 pounds meaty rib or neck bones
- ☐ 4 onions
- ☐ 8 carrots
- ☐ 6 celery stalks
- ☐ Fresh thyme
- ☐ Dried green peppercorns
- ☐ Parsley
- ☐ 6 egg yolks
- ☐ Ginger Root

- ☐ Spinach/Kale
- ☐ Scallions
- ☐ Salt
- ☐ 32 ounces organic butternut squash
- ☐ Cultured ghee
- ☐ Sea salt
- ☐ 1 large yellow onion
- ☐ Garlic (around 10-12 cloves)
- ☐ Fresh cilantro
- ☐ Mustard seeds
- ☐ Cumin seeds
- ☐ Coriander seeds
- ☐ Lemongrass
- ☐ Mint
- ☐ 4 cups chicken broth
- ☐ 1 cup whole fat coconut milk
- ☐ Pepper
- ☐ 4 beets
- ☐ Dandelion greens
- ☐ 1 scoop of Bone Broth Protein
- ☐ 1 scoop of Collagen Peptides (I like the Vital Proteins brand)
- ☐ 2 Avocados