

# The Detox Shopping list

DETOX AND TAKE A BITE OUT OF TIME

10 Years  
Younger  
in 10  
Weeks

## Detox shopping list

	Product	Dosage	Week used	Where to buy	Other
<input type="checkbox"/>	Fast & Be Clear	2 scoops morning (see detox shake recipe on p. 228)	5 – 7	Health food shops, see vitality.nordicmms.com for more information	
<input type="checkbox"/>	Coconut milk		5 – 7	Most supermarkets and health food shops	
<input type="checkbox"/>	Cold-pressed extra virgin flaxseed oil	2 tbsp in detox shake	All weeks	Most health food shops	
<input type="checkbox"/>	Lecithin granulate	1 tbsp in detox shake	5 – 10	Most health food shops	Brain food
<input type="checkbox"/>	Ground cinnamon	1 tsp in detox shake	5 – 7	All supermarkets	Insulin sensitivity and blood sugar
<input type="checkbox"/>	Lemons	Miscellaneous	All weeks	All supermarkets	Used in “detox shock,” in water and cooking
<input type="checkbox"/>	Frozen berries	Miscellaneous	All weeks	Most supermarkets	In detox shakes and smoothies

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<input type="checkbox"/>	Tofu	Miscellaneous	All weeks	In health food shops and well-stocked supermarkets as well as Asian shops	In salads, soups, and smoothies—see recipes
<input type="checkbox"/>	Chicken thigh or breast fillets or fish		5, 7 and onwards	All supermarkets and similar shops	
<input type="checkbox"/>	Quinoa	100 g / 3½ oz	5, 7, and onwards	Most health food shops	NOTE! Choose one of the three grain types per day (quinoa, millet, or brown rice)—see recipes
<input type="checkbox"/>	Millet	100 g / 3½ oz	5, 7, and onwards	Most health food shops	
<input type="checkbox"/>	Brown rice	100 g / 3½ oz	5, 7, and onwards	Most health food shops	
<input type="checkbox"/>	Detox herbal tea, licorice root tea, Original Green Tea Powder	Drink as much as you like	All weeks, green tea max. 1 – 3 tea bags per day	Most health food shops. Order <a href="#">Green Tea Powder</a> here	NOTE! If you suffer from high blood pressure, only drink licorice root tea in moderation

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<input type="checkbox"/>	Cold-pressed extra virgin olive oil	Use in cooking and salads	All weeks		Use in food and as salad dressing
<input type="checkbox"/>	Cold-pressed extra virgin coconut oil	Use in detox morning shake and for frying	All weeks	Some supermarkets and health food shops	Cooking and shakes
<input type="checkbox"/>	Epsom salts/magnesium sulphate	As detox bath salts	Liquid detox in week 6	Most health food shops	Detox and cleansing
<input type="checkbox"/>	Miso soups	As you please	All weeks, but especially for “liquid days” in week 6	Most health food shops, some supermarkets, and Asian shops	For digestion and detox
<input type="checkbox"/>	Fruit from the basic shopping list in Chapter 5: especially watermelon, pineapple and berries	Berries as you please, 1 slice watermelon and 1 slice pineapple at a Time	All weeks and forever	Most health food shops and some Supermarkets	
<input type="checkbox"/>	Vegetable stock/cubes	For soups, but in moderation due to the salt content	Especially during “liquid days” in week 6, but otherwise as you please	Most health food shops and supermarkets	

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<input type="checkbox"/>	Vegetable juice: carrot, beetroot, beetroot crystals, tomatoes, mixed	As you please	Especially during “liquid days” in week 6, but otherwise as you please	Most health food shops and some supermarkets	Preferably organic brands or, even better, from freshly Squeezed organic vegetables
<input type="checkbox"/>	Pulses/ chickpeas peas, mung beans or kidney beans (in tins or jars is fine)	As an ingredient in salads, soups, etc.	From week 7	Most health food shops and some supermarkets	
<input type="checkbox"/>	Buckwheat crispbread, rice biscuits, quinoa crispbread and other gluten-free crispbreads	Max. 2 at a time and max. twice daily (not in the morning)	From week 7	Most health food shops and some supermarkets	
<input type="checkbox"/>	Vegetables from the shopping list in Chapter 5: especially broccoli, spinach, parsley, sweet potatoes, carrots, rocket, lettuce, tinned tomatoes, beetroot, rosemary, basil and coriander	As much as you like and at least 600g (20oz) daily and 300g (10 oz) broccoli three times weekly	All weeks and for the rest of your life!	Most supermarkets and farmer’s markets selling organic vegetables	