

VEGETARIAN - Shopping List

Choose from the following foods:

Carbohydrates - As much Green Veg as you can eat at every meal

Lentils - All kinds	Brown Rice	Aduki Beans	Mooli
Black Beans	Quinoa	Mung Beans	Bak Choi
Pinto Beans	Chick Peas	Butter Beans	Pak Choi

Vegetables and Fruits

Spinach	Squash	Celery	Cauliflower
Courgette	All leafy greens	Mushrooms	Avocado
Cucumber	Tomatoes	Peas	Berries
Broccoli	Onion	Green Peppers	Banana
Rocket	Kale	Green Beans	Apple
Aubergine	Cabbage	Broad Beans	

Proteins

Eggs

Nuts

Almonds

Macadamia

Supplements

KSFL highly advocate Vegetarians to take supplements when detoxing:

Goodness Greens

Fish Oils from www.Aliment.co.uk

Fats: Use Coconut Oil to cook with, you can get this from Holland and Barrett and flavor your food with olive oil.

Drinks: Water - minimum 3 litres per day. Green Tea. Red Bush Tea. Fruit teas.

Get organic wherever possible and ensure veg is fresh, washed and peeled before you eat.

