

Shopping List: 5-Day Raw Food Recharge Challenge

- Raw, Unpasteurized Almonds (2 ½ cups for fresh almond milk)
- Raw Cashews (2 cups)
- Hemp Seeds (1 cup)
- Raw, Un-Hulled Sesame Seeds (½ cup)
- Medjool Dates (1 lb)
- Bananas (around 15)
- Apples (1-3)
- Fresh Orange Juice (8 large oranges)
- Raspberries (1 carton)
- Blueberries (1 carton)
- Strawberries (1 carton)
- Mango (3)
- Spinach (1 Large Box)
- Curly Kale (2 Heads)
- Lettuce or Spring Mix
- Grape Tomatoes (1 carton)
- Tomatoes (1-2 large)
- Celery (1 head)
- Carrots (2)
- Jalapeño Pepper (1)
- Red Bell Pepper (4)
- Orange Bell Pepper (1)
- Yellow Bell Pepper (1)
- Purple Cabbage (1 head)
- Green Onion
- Yellow Onion (1)
- Red Onion (1)
- Avocado (2-3)
- Zucchini (5-6 large)
- Lemon (4-5)

- Lime (1)
- Fresh Garlic
- Fresh Ginger

- Frozen Blueberries
- Frozen Strawberries
- Frozen Raspberries
- Frozen Mango

Spices & Flavorings:

- Garlic Powder
- Onion Powder
- Cayenne Pepper
- Baking Soda
- Himalayan Salt
- Black Pepper
- Italian Seasoning
- Apple Cider Vinegar
- Miso
- Nutritional Yeast
- Coconut Aminos
- Yellow or Dijon Mustard

Miscellaneous:

- Cacao Nibs
- Dried Coconut
- Powdered Peanut Butter
- Raw Cacao Powder
- Coconut, Almond, Cashew Butter (choose 1-2)
- 1-12 oz. Package Kelp Noodles
- Raw Tahini
- Maple Syrup