



MILLIE SAYS,
INC.

Millennia Ruth Lytle, aka Dr. Millie ND, CNS, MPH

My Own Personal Grocery List for a Detox or Anytime

- Bragg's Apple Cider Vinegar**
- Bragg's Liquid Amino's or Tamari
- Cabbage family vegetables** (cabbage, cauliflower, kale, kohlrabi, turnip, watercress, brussels' sprouts)
- Coconut water (Flash pasteurized- Nico, etc)
- Dried Beluga, French or brown Lentils
- Dried chickpeas**
- Extra virgin coconut oil/Nutriva Red Palm Oil/Ghee, Pasture raised Irish butter
- Ezekiel Bread (Food for Life, Manna, Dave's)
- First Cold Pressed Olive Oil (Colavita)**
- Flaxseeds and/or chia seeds
- Fresh herbs** (watercress, Basil, Mint)
- Fresh or Frozen blueberries or raspberries (no sugar)**
- Gluten-free whole grains: **brown Rice** Quinoa/millet/buckwheat groats
- Green vegetables** (spinach, organic lettuce, chard, arugula, asparagus)
- Lemons/limes**
- Miso paste (Hikari or Westbrae **organic**)
- Natural Unbleached Sea Salt (Baleine, Maldon Salt Flakes) or Himalayan Sea salt
- Nori paper or seaweed snacks (Annie Chun's or Sea Crunchy)
- Nutritional Yeast (Lewis Labs or Bob's)
- Organic apples or pears**
- Organic Dates, raisins and apricots
- Organic Fruit Jam/apple butter (little to no sugar)
- Organic peanut butter
- Organic sesame butter/ Tahini
- Pinto beans or small white or navy beans
- Raw almonds, sunflowers seeds, pumpkin seeds**
- Raw Local Honey or Grade B Maple Syrup
- Root vegetables** (carrots, beets, celery root, sweet potatoes, squash)
- Sauerkraut/Kimchi** (both in the fridge)
- Split peas or red lentils
- Sprouted Tofu (Wildwood)
- Tempeh
- Unsweetened apple sauce
- Wheat germ, oat bran or rice bran
- Whole Crackers (Finn Crisp, Mary's Gone)

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