

Grocery List

Please use this as a basic grocery list for your Lymph Reset and adjust the ingredients according to your Blood Type!

Lemons for clean filtered water (I want you to drink lemon water in the mornings which is beneficial for your digestion and energy.)

Fruit for breakfast recipes & as snack: pineapple, blueberries, apple, kiwi, grapefruit

For a **Green Drink**: cucumbers, celery, kale, spinach, green apple, lemon, lime, ginger, mint

Purple staining foods like purple cabbage, radicchio and beets are good for lymphatic circulation and cranberries help break down excess fat. The Cleanse includes a Borscht recipe, make sure to get a few extra beets.

Asparagus

Dark green vegetables (contain the nutrient chlorophyll, which has cleansing properties and beneficial effects on your blood and lymph flow). Make sure you grab some broccoli, kale and spinach.

Mushrooms (good for immune support, digestion, healthy cell growth and turnover, and preventing damage to cells and tissues.). For the Cleanse, get some portobello, shiitake and/or cremini, oyster, enoki mushrooms.

Celery, broccoli, carrots, parsnips, zucchini, cherry tomatoes, snap peas, string beans (for salads, sautés, and soups). Grab some extra broccoli – many Cleanse recipes call for it.



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Organic lettuce, little baby gems, escarole and/ or **romaine lettuce** or any farmers market fresh lettuce for salads

Baby potatoes (*Type O & A: avoid potatoes*)

(Red) **Onions, garlic, shallots**

Yogurt (right for your Type)

Black olives (optional for Salmon Nicoise Salad) & **green olives**

Eggs

Walnuts, chia seeds (your choice for soups and to sprinkle on salads)

Lentils (for soup)

Cannellini white beans (can) + 1 can of adzuki beans (Type O) or pinto beans (Type A + AB), or a additional can of white beans (Type B)

Herbs: parsley, oregano, chives, mint, cilantro, rosemary

Herbal tea: Dandelion, turmeric, burdock, milk thistle, mint and other immune boosting herbs (if you want to make your own tea blend). I like the brands Pique, Traditional Medicinals, Moon Canyon, and MoonJuice.



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Grains. Some grains can be challenging for people to digest. My favorite ones are quinoa, millet, oatmeal, brown rice and white basmati rice. (I like to toast the brown rice until it darkens in a dry skillet before cooking. It adds a nutty flavor and is easier to digest.) Choose ones that are non-gmo and organic. The grains in this Cleanse include rice and quinoa. Please research which grains are best for your Type!

Pantry Staples: Organic Cold Pressed Olive Oil, Coconut oil, or Ghee, Braggs liquid aminos, gluten free Tamari, apple cider vinegar, white wine vinegar (optional), veganaise, tomato paste, capers, green olives, Dijon mustard, vegetable and / or mushroom stock, cinnamon

Milk, depending on your Type!

Wild caught Salmon, piece of Tuna + can of **Anchovies** (optional for Salmon Nicoise Salad)

1 pound of lean ground turkey (for burgers)

Protein, depending on your Type! Type O: roast beef, turkey, chicken, eggs – Type A: turkey, eggs, chicken – Type B: lamb, eggs – Type AB: turkey, eggs

A bag of **Epsom salt** for evening baths



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