

## Shopping List:

Organic Sesame Oil, for self massage ~24 oz.

Mung Beans - split or whole. If you find whole, you will need to soak them overnight for better digestibility. ~ 2 pounds

White Basmati Rice - white is easier to digest so used traditionally, but you may try brown if you choose. ~ 2 pounds

Ghee

Coriander (3 T powder and 7 T seeds)

Cumin (3 T powder and 7 T seeds)

Fennel (3 T powder and 7 T seeds)

5 T Turmeric powder (or fresh if you can find it!)

3, 6" long pieces (large) Fresh ginger root

2 tsp Cayenne pepper

1/2 c. Raw, local honey

3 or 4 Fresh limes

2 bunches Cilantro

2 T Rock Salt (Himalaya Salt)

## Vegetables like:

Sweet potato

Golden beets

Kale

Carrots

Celery Root

Parsnips

Squash

Zucchini

## Optional:

2 T Curry powder

2 T Mustard seeds

1 Bottle Triphala powder or tablets

Peppermint tea

Neti pot

Tongue scraper

Whole grain hot cereal

1 Avocado

1 c Almonds