



Pranaful Spring Cleanse Shopping List – Basic Items

Purchase the following to get you through the first three days of the cleanse, then do a second shopping trip mid-week to replenish as needed (or double quantities to do a single shopping trip for the week).

Produce for Juicing (optional)

- 3 lemons
- Ginger root (~ 9" total)
- Fresh turmeric root (if available, about 3")
- 5 green apples (red are okay if you can't find green)
- 2 bulb of fennel
- 1 large bunch of celery (or 2 small bunches...you'll need at least 12 stalks total)
- Greens: spinach, dandelion, kale, romaine, parsley, cilantro, chard, etc.
(get 4-5 bunches total of various greens – plus additional for your kitchari)

Produce for Kitchari (for everyone)

- Veggies for kitchari – choose things you like eating with a focus on seasonal veggies (cabbage, broccoli, cauliflower, all leafy greens). Some root vegetables for grounding are also nice right now.

Oatmeal Ingredients (one of two hot cereal options for mornings if you prefer not to juice)

- 1½ cups rolled oats
- 3 small apples
- Ground cardamom and/or cinnamon
- Oatmilk or other non-dairy milk

Buckwheat + Quinoa Porridge Ingredients (one of two hot cereal options for mornings if you prefer not to juice – this one is a bit more balancing for the season)

- ½ cup raw (untoasted) buckwheat groats
- ½ cup quinoa
- 3 small apples
- Ground cardamom and/or cinnamon
- Oatmilk or other non-dairy milk



Pranaful Spring Cleanse Shopping List – Basic Items (continued)

Spices

- Cayenne pepper (if juicing)
- Cumin seeds**
- Black mustard seeds**
- Turmeric powder**
- Asafetida (aka, hing) – *optional***
- Good quality salt (i.e., non-iodized)

***If you use a pre-made kitchari spice mix, the starred items are not needed*

Other

- Ghee (clarified butter) or coconut oil (*omit if you will make your own ghee and purchase 1 lb butter instead*)
- Mung beans (at least 1 ½ cups)
- White basmati rice (preferably Indian – at least 2½ cups)
- Kombu seaweed (often available in bulk in health food stores or packaged in Asian foods section) – *optional but highly recommended*

Supplements

- Magnesium pills – *only needed if you are a daily caffeine consumer and want to ease possible caffeine withdrawal symptoms (headaches in particular)*
- Triphala (powder or tablets) – *tonifies the colon and digestive organs.*



Pranaful Cleanse Shopping List – Optional Items

Beet & Apple Salad

- 4 small red beets
- 2 small red apples
- 2 small green apples
- Fresh ginger
- 1 bunch of cilantro

Cilantro Chutney – recommended for everyone to add flavor to your meals. If you don't like cilantro, you can substitute parsley and/or mint.

- 1 bunch of cilantro
- 3-4 limes
- Dried unsweetened coconut
- Honey

Kapha Churna – this is a spice blend that aids digestion and adds flavor to meals. This will make a big batch that you can use beyond the cleanse as well, as is formulated for the season.

- 2 t. each: fennel seeds, coriander seeds
- 1 t. each: cumin seeds, ground ginger, turmeric powder, ground cinnamon, ground clove
- 1/2 t. each: ground cardamom, fenugreek seeds, black peppercorns

Note: if replacing any of the whole spices with powdered spices, use 1¼ times the amount listed above.



Pranaful Cleanse Shopping List – Optional Items (continued)

CCF Tea – This is a nice beverage to enjoy while cleansing (or anytime, really!). It stimulates digestion, and also is believed to suppress appetite/cravings.

- Fennel seed
- Coriander seed
- Cumin seed

Ginger Fennel Tea – Another great tea to enjoy anytime – supports digestion and can help with any bloating/gas/constipation

- Additional fresh ginger
- Fennel seed

Castor Oil and Apple Juice – promotes a healthy final elimination to conclude the cleanse. You can buy these items mid-week (or sooner, if you like)

- Unfiltered apple juice OR 3 large apples to juice
- Castor oil (only purchase ORGANIC castor oil for internal use)

Homemade Ghee

- 1 lb. butter (preferably organic and grass-fed)
- Cheesecloth



Pranaful Cleanse Shopping List – Optional Items (continued)

Additional Suggested Items to Support Cleansing

- Tongue scraper (copper is recommended) – you can also use a soup spoon
- Oil for self-massage – organic sesame oil is recommended

Post-Cleansing Support

- Chyawanprash – herbal Ayurvedic jam (see link provided for ordering details)