

Life In The FAITH Lane

with Annamarie

21 Day Fast & Detox Shopping List Approved Foods and Supplements

www.annamariestrawhand.com

Beverages/Broths

- Bone Broth for sipping (chicken/turkey)
- Chicken, Vegetable, or Turkey Broth
- Organic Herbal Teas, Green Tea, and Moringa Tea
- Unflavored Mineral Water
- Unflavored Water with Electrolytes such as Smart Water

Canned or Boxed Items

- Artichoke Hearts or Hearts of Palm
- Coconut Cream Unsweetened
- Coconut Milk Unsweetened
- Pumpkin Puree (Plain)
- Sweet Potato Puree (Plain)
- Tapioca or Coconut Flour
- Tapioca Pearls

Communion Supplies

- Crackers (I use Yehuda matzo crackers)
- Grape Juice (I use Kedem grape juice)

Condiments/Cooking Oil

- Coconut Oil (Organic - Extra Virgin)
- Jar Capers
- Jar Olives - Green or Black (no pimentos)
- Jar Pearl Onions

- Jar Sauerkraut
- Kosher Pickles (dill or garlic pickles)
- Lemon or Lime Juice
- Mayonnaise (olive oil or avocado based)
- Olive Oil and Vinegar Dressing
- Olive Oil or Avocado Oil
- Plain Mustard
- White Vinegar

Fresh Vegetables

- Asparagus
- Avocados
- Beets
- Broccoli
- Brussel Sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery
- Cucumbers
- Fresh Garlic
- Fresh Ginger
- Fresh Lemons and Limes
- Greens, Spinach, Collards, Escarole, Dandelion
- Green Herbs, Basil, Parsley, Rosemary, Thyme, Sage
- Lettuce, Romaine or Iceberg, Butter Bibb Lettuce
- Mushrooms (Any kind)
- Onions (Any Kind)
- Salad Greens Mix
- Spring Onions, Fresh Chives
- Sprouts
- Squash, Butternut Squash, Spaghetti Squash
- Sweet Potatoes and Yams (Fresh)
- Zucchini

Frozen Foods

- Cauliflower Rice
- Sweet Potato Fries
- Meats/Protein
- Ground Chicken

- Fresh Eggs
- Fresh Flounder or Whitefish
- Fresh Salmon
- Rotisserie Chicken
- Turkey Bacon
- Turkey or Chicken Breast
- Turkey or Chicken Hot Dogs
- Turkey Sausage

Snacks

- Sweet Potato Chips (or beet chips)

Spices and Dry Ingredients

- Dried Chives
- Dried Cinnamon, Ginger, Pumpkin Pie Spice
- Dried Basil, Oregano, Parsley
- Fresh Ground Pepper
- Garlic Powder, Onion Powder
- Ground Sea Salt or Pink Himalayan Salt
- Kosher Salt

Specialty Items

- Terra Real Vegetable Chips
- Jovial Organic Grain Free Cassava Pasta
- Cooking Supplies:
- Organic Non-Toxic Ceramic Cooking Pans
- Pyrex Glass Containers to Heat and Store Food (Oven only)
- Wooden or Non Toxic Cooking Utensils

Supplements

- Fiji Water (OR Spring Water add silica drops)
- Electrolyte Water or Sea Salt to add to water
- Probiotic (refrigerated) Blend of Probiotic Bacteria 20 Billion
- Vitamin B12 Gelcaps or Sublingual Drops
- Vitamin C Gelcaps Time Release 500mg
- Vitamin D3 Gelcaps 5,000IU (indoors person take more / less if outdoors person - men only need 250 IU)
- MSM Gelcaps 1000mg
- Omega 3's 500mg
- Curcumin Gelcaps 400mg

- Magnesium Glycinate Gelcaps 120mg
- Milk Thistle Gelcaps 250mg
- Organic Castor Oil

Detox Tools and Supplies

- Aluminum Free Baking Soda (to clean teeth)
- Organic Extra Virgin Coconut Oil (swish in mouth)
- Dead Sea Salts - Foot and Bath Soak
- Foot Tub

Optional Detox Accelerators

- Advanced TRS Spray (Or zeolite spray)
- Oxicell KR 22 Glutathione Cream
- Gua Sha Roller Set (Beauty roller/massage roller)
- Ionic Foot Bath (Detox Foot Spa)
- ValAsta "Astaxanthin"

Spiritual

- Holy Anointing Oil from Israel
- Balm of Gilead Ointment
- Holy Communion Supplies (Yahuda Matzo Crackers and Kedem Grape Juice)

Recommended Books During Detox

- Holy Bible (KJV or NLT)
- Faith and Victory Prayer Strategies By Annamarie Strawhand
- Soul Decrees By Katie Souza
- Healing The Broken Heart By Joan Hunter
- Healing The Whole Man By Joan Hunter
- Overcoming Familiar Spirits By Kynan Bridges

Recommended Music/Sounds

- Sounds of the Shofar
- Michael Tyrrell Music
- SK Murray
- Steve Reese Calming Harp – (Key of David) 444hz Calming Harp

Note: See Annamarie's VitaCost shopping list for supplements and other specialty items that are allowed here: Vitacost - Annamarie Strawhand Detox Supplements and Fasting Foods List <https://www.vitacost.com/MyAccount/PublicList.aspx?CustomerListID=37180217>