

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)
- ☐ Cauliflower Pretzels

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

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>