



HealthyBodyHealthyLife
with *Melissa Koerner*

Grocery Shopping Template



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21-Day Detox Grocery Shopping Template

Once you've decided on your three to four go-to breakfast and lunch smoothies, dinners and snacks for the week, review the recipes and write down the ingredients you'll need.

Fruits & Vegetables

Healthy Fats, Animal Proteins (Phase 2) & Other Items
