

# Shopping List for the 21-Day Reset

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To get the most out of your 21-Day Pink Salt Reset Challenge, it helps to be prepared. This shopping list covers everything you will need to support your meals, hydration, and healthy habits. It includes pantry staples, optional supplements, and helpful kitchen tools

## **Grocery Staples**

These are the whole foods you will rely on for meals, hydration, and nourishment throughout the 21 days. Choose organic and local whenever possible.

## **Vegetables (Fresh or Frozen)**

- Spinach, kale, chard
- Broccoli, cauliflower
- Zucchini, cucumbers
- Carrots, bell peppers
- Sweet potatoes
- Garlic and onions
- Celery, leeks, and beets
- Avocados (healthy fats)

## **Fruits (Low-Sugar Preferred)**

- Berries (strawberries, blueberries, raspberries)
- Apples and pears
- Lemons and limes (for detox drinks)

- Grapefruit (optional, if not on meds that conflict)

## **Proteins**

- Eggs (preferably pasture-raised)
- Chicken breast or thighs
- Salmon, sardines, and mackerel (for omega-3s)
- Turkey and lean beef (grass-fed if possible)
- Lentils, chickpeas, and black beans
- Tofu and tempeh (for a plant-based option)

## **Whole Grains & Seeds**

- Quinoa, brown rice, or wild rice
- Rolled oats or steel-cut oats
- Chia seeds
- Ground flaxseed
- Pumpkin seeds and sunflower seeds

## **Healthy Fats & Oils**

- Extra virgin olive oil
- Coconut oil or avocado oil
- Ghee (clarified butter)
- Tahini or almond butter

## **Beverages & Hydration**

- Herbal teas (ginger, peppermint, dandelion, chamomile)
- Apple cider vinegar (with “mother”)
- Coconut water (natural electrolytes)

- Filtered or spring water
- Pink Himalayan salt (essential)

### **Fermented Foods (For Gut Health)**

- Sauerkraut or kimchi (raw, unpasteurized)
- Kefir or unsweetened yogurt (dairy or plant-based)
- Miso paste
- Kombucha (low-sugar)

### **Supplements (Optional but Supportive)**

While food is the foundation, certain supplements may enhance your reset, especially for women over 40. Talk to your healthcare provider before starting any new supplement.

#### **1. Magnesium (Glycinate or Citrate)**

- Supports muscle function, sleep, and cravings
- Helps relieve constipation and relax the nervous system

#### **2. Adaptogens (for Hormonal & Stress Balance)**

- Ashwagandha
- Rhodiola rosea
- Holy basil (Tulsi)

These herbs help your body cope with stress and can support cortisol balance.

#### **3. Omega-3 (Fish or Algae-Based)**

- Supports brain function, hormonal balance, and reduces inflammation

#### 4. Vitamin D3 + K2

- Supports immunity, bone strength, and mood, especially if you get little sun

#### 5. Collagen Peptides (Optional)

- Good for joint health, skin elasticity, and gut lining repair

### **Pantry & Kitchen Tools**

Making this lifestyle work is easier with the right tools and staples on hand.

Here is what to keep in your kitchen:

#### **Pantry Essentials**

- Pink Himalayan salt (coarse and fine)
- Coconut aminos or tamari (low-sodium soy alternative)
- Raw honey or stevia (natural sweeteners)
- Bone broth or vegetable broth (low sodium)
- Organic canned tomatoes (no added sugar)
- Dried herbs and spices (turmeric, cumin, paprika, cinnamon)

#### **Helpful Kitchen Tools**

- **Glass storage containers** – for meal prep
- **Blender or smoothie maker** – for morning mineral smoothies
- **Salt grinder** – if using coarse pink salt
- **Filtered water pitcher** – to reduce chlorine and heavy metals

- **Mason jars or reusable water bottles** – for saltwater mix and hydration tracking
- **Steamer basket or Instant Pot** – for easy veggie cooking
- **Measuring spoons/cups** – for accuracy in recipes and salt dosage
- **Cutting board and sharp knives** – for safe and fast prep

### **Final Tip**

Print this list or save it to your phone before heading to the store. Stick to the outer aisles of the grocery store, where you will find fresh, whole foods. Prepare for success by doing a **fridge and pantry cleanout** the day before starting the challenge.