



## 12-Day Parasite Cleanse Shopping List & Supplements

### Introduction

This shopping list includes all the foods, herbs, and supplements needed to complete the 12-Day Parasite Cleanse Meal Plan successfully. Choose organic, grass-fed, and wild-caught options where possible for the best results. Consider batch cooking or freezing portions to make meal prep easier during the cleanse.

### Grocery List

#### ♦ Proteins

- Beef (including liver)
- Lamb
- Poultry (chicken, turkey)
- Fish (trout, sardines, mackerel)
- Eggs
- Bone broth

#### ♦ Fats & Oils

- Extra virgin olive oil
- Coconut oil
- Avocados
- Grass-fed butter or ghee
- Nuts & Seeds (pumpkin seeds, flaxseeds, walnuts, almonds)

#### ♦ Vegetables & Herbs

- Leafy greens (spinach, kale, arugula, bok choy)
- Cruciferous vegetables (broccoli, cauliflower, Brussels sprouts)
- Root vegetables (carrots, beets, parsnips, turnips)
- Herbs: parsley, cilantro, basil, thyme, rosemary
- Garlic, onions, leeks

#### ♦ Starches (Limited Use)

- Quinoa
- Sweet potatoes
- Pumpkin
- Plantains

#### ♦ Beverages

- Filtered Water
- Optional herbal teas: ginger, peppermint, dandelion root, fennel
- Apple cider vinegar



#### ♦ Fiber Support & Gut Health Essentials

- Psyllium husk
- Chia seeds
- Flaxseeds
- Sauerkraut/kimchi (fermented foods)

### Supplements

#### ♦ Anti-Parasitic Herbs – Choose only ONE

[Zahler ParaGuard](#)

[Kroeger Wormwood Combination](#)

#### ♦ Kill Boosters - Choose only ONE

[Berberine](#)

3 cloves of freshly chopped garlic ([Allicin](#))

#### ♦ Binders (To Remove Toxins) Choose only ONE

[GI Detox: Zeolite & Charcoal Formula](#)

[Activated Coconut Charcoal](#)

[Codeage: Full Spectrum Binder](#)

#### ♦ Probiotics (For Gut Restoration After Cleanse) Choose only ONE

[Innate Response Formulas, Flora 50-14](#)

[InnovixLabs, Multi-Strain Probiotic](#)

[Cymbiotika Probiotic](#)

### Medical Disclaimer

This shopping list and supplement recommendations are for informational purposes only. They are not intended to diagnose, treat, cure, or prevent any disease. Consult a healthcare professional before starting any cleanse, especially if you are pregnant, breastfeeding, taking medications, or have a medical condition.