

Anti-Parasitic Grocery Shopping List

What This List Covers

This shopping list covers everything you need for a 30-day anti-parasitic dietary protocol. Quantities are estimated for one person for 30 days. Adjust based on your household size and appetite.

Produce

- Garlic (fresh bulbs): 8 to 10 bulbs. Primary antiparasitic source (allicin). Organic preferred. Store in a cool, dry place.
- Ginger root: 1 pound. Anti-inflammatory and digestive support. Freeze extra and grate as needed.
- Onions (yellow or red): 5 to 6 large. Antimicrobial sulfur compounds. Store in a dark, ventilated area.
- Papayas: 6 to 8 whole. Papain enzyme and antiparasitic seeds. Buy 2 to 3 at a time and let them ripen on the counter.
- Pumpkins (or seeds): 2 to 3 pumpkins OR 2 pounds raw seeds. Cucurbitacin is the anthelmintic compound. Raw seeds are most convenient; store in the freezer.
- Pomegranates (or arils): 6 to 8 whole OR 2 pounds frozen arils. Punicalagins and antioxidants. Frozen arils save time and are equally nutritious.
- Coconut (whole or pieces): 4 to 5 whole coconuts OR 2 pounds pieces. Lauric acid and MCTs. Coconut oil and milk work as alternatives.
- Lemons: 10 to 12. For morning detox water and flavoring. Buy organic if you plan to use the zest.
- Limes: 6 to 8. For flavoring and pairing with papaya. Organic preferred.
- Leafy greens (spinach, kale, chard): 3 to 4 bunches per week. Fiber, nutrients, and detox support. Rotate varieties for nutrient diversity.
- Broccoli / Cauliflower: 2 to 3 heads each. Cruciferous detox support and fiber. Steam or roast; easier to digest than raw during a cleanse.
- Brussels sprouts: 2 to 3 pounds. Sulfur compounds and fiber. Roast with garlic and olive oil.
- Asparagus: 2 to 3 bunches. Prebiotic fiber and diuretic. In season in spring; frozen is acceptable off-season.
- Zucchini: 4 to 5 pounds. Low-carb noodle alternative and gentle fiber. Spiralize for zoodles.
- Carrots: 3 to 4 pounds. Beta-carotene and gentle fiber. Cook for easier digestion during the cleanse.
- Sweet potatoes: 3 to 4 pounds. Complex carbs and beta-carotene. Bake or steam; easier on the gut than white potatoes.
- Berries (mixed): 2 to 3 pounds frozen OR 1 pound fresh per week. Antioxidants, polyphenols, and fiber. Frozen is more economical and equally nutritious.
- Apples: 6 to 8. Pectin fiber and gentle detox. Organic preferred; peel if non-organic.

- Avocados: 8 to 10. Healthy fats, fiber, and potassium. Buy at various ripeness stages.
- Fresh herbs (cilantro, parsley, basil): 2 to 3 bunches per week. Detox support, flavor, and chlorophyll. Cilantro especially supports heavy metal detox.

Protein

- Wild-caught salmon: 2 to 3 pounds. Omega-3s and anti-inflammatory support.
- Pasture-raised chicken: 3 to 4 pounds. Lean protein for recovery and immune support.
- Grass-fed beef or bison: 2 to 3 pounds. Iron, zinc, and B12. Cook well done.
- Wild-caught fish (cod, halibut, sardines): 2 to 3 pounds. Lean protein and minerals.
- Pasture-raised eggs: 2 to 3 dozen. Complete protein and nutrients.

Pantry Staples

- Extra virgin coconut oil: 1 large jar (32 oz). Cooking, antimicrobial MCTs, and energy. Cold-pressed and unrefined. Use for cooking and adding to drinks.
- Extra virgin olive oil: 1 bottle (17 oz). Salad dressings and low-heat cooking. Cold-pressed; store in a dark bottle.
- Apple cider vinegar (with the mother): 1 bottle (16 oz). Digestion, dressing base, and detox. Raw and unfiltered; brands like Bragg's work well.
- Raw honey (local if possible): 1 jar (12 oz). Natural sweetener and antimicrobial. Use small amounts only; not for infants.
- Quinoa: 2 pounds. Gluten-free grain alternative and complete protein. Rinse well before cooking.
- Buckwheat groats: 1 pound. Gluten-free with rutin antioxidant. Soak overnight for easier digestion.
- Wild rice: 1 pound. Complex carb, fiber, and minerals. Not actually rice; it is an aquatic grass seed.
- Gluten-free oats: 2 pounds. Gentle fiber and beta-glucan. Certified gluten-free if you are sensitive.
- Chia seeds: 1 pound. Omega-3s, fiber, and hydration support. Soak before eating for best absorption.
- Flax seeds (ground): 1 pound. Lignans, fiber, and omega-3s. Grind fresh and store in the freezer.
- Raw almonds: 1 pound. Healthy fats, protein, and vitamin E. Soak 8-plus hours to reduce phytates.
- Raw walnuts: 1/2 pound. Omega-3s and antioxidants. Store in the freezer; they go rancid quickly.
- Raw pumpkin seeds (pepitas): 2 pounds. Primary antiparasitic food. Store in the freezer; grind for smoothies.
- Raw sunflower seeds: 1/2 pound. Vitamin E, selenium, and magnesium. Sprout for enhanced nutrition.
- Unsweetened coconut flakes: 1 pound. For snacking, trail mix, and baking. No added sugar; look for sulfur-free.

- Coconut milk (canned, full-fat): 6 to 8 cans. For curries, smoothies, and cooking. BPA-free cans; avoid guar gum if sensitive.
- Tahini (sesame paste): 1 jar (16 oz). Healthy fats, calcium, and dressings. Store in the fridge after opening.
- Almond butter (no sugar added): 1 jar (16 oz). Healthy fats, protein, and snacks. Stir natural separation and refrigerate.
- Sea salt (Celtic or Himalayan): 1 pound. Minerals and electrolyte balance. Avoid refined table salt.
- Black pepper (whole peppercorns): 1 grinder refill. Enhances nutrient absorption (piperine). Grind fresh for maximum potency.
- Turmeric powder (organic): 1 jar (4 oz). Anti-inflammatory and liver support. Combine with black pepper and fat for absorption.
- Cinnamon (Ceylon preferred): 1 jar (2 oz). Blood sugar balance and flavor. Ceylon has lower coumarin than cassia.
- Cayenne pepper: 1 small jar. Circulation, metabolism, and detox. Start small; it can irritate sensitive stomachs.
- Green tea (organic, loose leaf): 1/2 pound. Antioxidants, gentle energy, and detox. Brew at 175 degrees F; do not over-steep.
- Herbal teas (ginger, peppermint, chamomile, dandelion): Assorted boxes. For digestion, relaxation, and liver support. Caffeine-free options for evening.

Fermented Foods (Refrigerated Section)

- Sauerkraut (unpasteurized): 2 to 3 jars. Probiotic support and digestive health. Look for live cultures in the refrigerated section.
- Kimchi: 1 to 2 jars. Probiotic and prebiotic support. Start with small amounts if you are sensitive to spice.
- Coconut yogurt (unsweetened): 4 to 6 containers. Dairy-free probiotic option. Check for live active cultures.
- Kombucha: 4 to 6 bottles. Fermented tea with probiotics. Start with 4 oz and work up to 8 oz.

Optional Supplements

- Multi-strain probiotic: 50 to 100 billion CFU. Gut microbiome support. Refrigerated with diverse strains (Lactobacillus and Bifidobacterium).
- Saccharomyces boulardii: 250 mg. Probiotic yeast that prevents pathogenic overgrowth. Shelf-stable; use during and after the cleanse.
- Digestive enzymes: With each meal. Aid nutrient absorption. Broad spectrum (protease, lipase, amylase).
- L-Glutamine powder: 5 g twice daily. Gut lining repair. Pure powder with no additives.
- Zinc carnosine: 75 mg twice daily. Mucosal healing. Look for quality brands like Integrative Therapeutics.

- Magnesium (glycinate or citrate): 300 to 400 mg evening. Bowel regularity, sleep, and muscle relaxation. Glycinate for sleep; citrate if constipated.
- Vitamin D3: 2,000 to 5,000 IU. Immune modulation and gut health. Test levels first; pair with K2 if taking a high dose.
- Omega-3 (EPA/DHA): 2 to 3 g daily. Anti-inflammatory and brain health. Third-party tested for purity; triglyceride form preferred.
- Activated charcoal: 500 mg as needed. Toxin binding during die-off. Take 2 hours away from food and medications.
- Bentonite clay: 1 teaspoon in water. Toxin binding and gut soothing. Food-grade only; hydrate well.

Foods to Avoid During the Cleanse

- Added sugar: White sugar, brown sugar, corn syrup, and excessive agave. Feeds parasites, disrupts the microbiome, and causes inflammation.
- Refined grains: White bread, pasta, pastries, crackers, and cereal. Starch feeds parasites, offers low nutrition, and spikes blood sugar.
- Gluten (initially): Wheat, barley, rye, and most oats. Can be inflammatory and stresses the gut during healing.
- Dairy (initially): Milk, cheese, ice cream, and conventional yogurt. Can be inflammatory and some parasites thrive on lactose.
- Processed foods: Chips, frozen meals, deli meats, and fast food. Contain additives, preservatives, hidden sugars, and trans fats.
- Alcohol: Beer, wine, spirits, and mixers. Damages the gut lining, feeds yeast, and burdens the liver.
- Caffeine (excessive): More than 1 to 2 cups of coffee per day. Dehydrating, stresses adrenals, and can irritate the gut.
- Pork (unless well-cooked): Bacon, ham, and pork chops if undercooked. Risk of Trichinella and tapeworm; hard to verify cooking temperature.
- Raw or undercooked fish: Sushi, sashimi, and ceviche unless properly frozen. Risk of Anisakis and Diphyllbothrium.
- Unpasteurized foods: Raw milk, some soft cheeses, and unpasteurized juice. Risk of bacterial and parasitic contamination.
- High-FODMAP foods: Onions, garlic, beans, and apples if you are sensitive. May worsen bloating during the active cleanse phase. If you have SIBO or IBS, consult a practitioner before starting. Some high-FODMAP foods like garlic and onions are antiparasitic but may cause gas.

Shopping Tips for Success

- Shop the perimeter. Most anti-parasitic foods are found around the outer edges of the store (produce, meat, dairy alternatives).
- Buy organic when possible. Especially for the Dirty Dozen produce items to reduce pesticide burden on your liver.

- Frozen is fine. Frozen vegetables and berries are often more nutritious than fresh produce that traveled long distances.
- Hit the bulk section. Buy nuts, seeds, and grains in bulk to save money and reduce packaging waste.
- Check out local farmers markets. Best source for fresh, seasonal produce; ask about growing practices.
- Dedicate a meal prep day. Spend 2 to 3 hours weekly to wash, chop, and prep produce for the week ahead.
- Batch cook. Make large quantities of bone broth, soups, and grains; freeze in portions.
- Read labels. If buying packaged foods, aim for 5 ingredients or fewer. Avoid high fructose corn syrup and hydrogenated oils.
- Budget tip: Prioritize organic for foods you eat most. Conventional is acceptable for foods with thick peels like avocados and bananas.
- Storage matters. Store nuts and seeds in the freezer. Keep garlic and onions in cool, dark, ventilated areas.

This shopping list is for educational purposes only. Adjust quantities and choices based on your individual needs, budget, and dietary preferences. Consult a healthcare provider before making significant dietary changes.