

DoshaCoach :: Blissful Belly

Items to Buy / Have on Hand

THE BLISSFUL BELLY PROGRAM is an easy and convenient way to get the benefit of a digestive detox and lymphatic cleanse while minimizing disruption to your busy lifestyle. You will need to obtain some supplies ahead of time so that you have a smooth experience and a successful outcome. Organic foods are always preferred, when possible.

Food Items

Please use the Menu Planner and the included grocery lists (these are a separate document) to determine which groceries you will need to buy and have on hand. You may already have some items in your home.

Herbs & Spices

The Blissful Belly program makes use of these wonderful and flavorful herbs and spices in almost all of the recipes. Make sure you have enough on hand.

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| <input type="checkbox"/> allspice | <input type="checkbox"/> cumin seeds | <input type="checkbox"/> Himalayan pink salt
(or sea salt) |
| <input type="checkbox"/> black pepper | <input type="checkbox"/> cumin powder | <input type="checkbox"/> licorice root powder |
| <input type="checkbox"/> cardamom seeds | <input type="checkbox"/> dill, fresh or dried | <input type="checkbox"/> peppermint, fresh or dried |
| <input type="checkbox"/> cardamom powder | <input type="checkbox"/> fennel seeds | <input type="checkbox"/> turmeric powder |
| <input type="checkbox"/> cinnamon powder | <input type="checkbox"/> fennel powder | |
| <input type="checkbox"/> cloves, whole | <input type="checkbox"/> fresh ginger | |
| <input type="checkbox"/> coriander seeds | <input type="checkbox"/> ginger powder | |

Items to Order from Banyan Botanicals

We have set up a **Blissful Belly** Practitioner Page at Banyan Botanicals.com. It contains all of the herbal supplements that you will need for this program, along with a few other necessities. Please go straight there for easy ordering. You also have the option to purchase Banyan Botanicals' convenient kitchari kit for Phase 3.

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| <input type="checkbox"/> tongue scraper | <input type="checkbox"/> Sweet Ease | <input type="checkbox"/> Triphala |
| <input type="checkbox"/> Turmeric | <input type="checkbox"/> Everyday Greens | <input type="checkbox"/> Kapha Digest, or Pitta Digest,
or Vata Digest (depending on
which Track you are on) |
| <input type="checkbox"/> Liver Formula | <input type="checkbox"/> Total Body Cleanse | |
| <input type="checkbox"/> Mahanarayan oil, 12 oz | <input type="checkbox"/> Blood Cleanse | |

About the Herbal Supplements

The Herbal Supplements we have chosen for this program all play a role in helping the body to regain balance while encouraging toxins and stored metabolic wastes to move out of the body in an easeful manner. Please follow the program guidelines for taking the herbal supplements during the program—and for up to two weeks afterwards (four weeks total). You may safely take all of the herbal supplements until the bottles are empty.

[Order your herbal supplements here.](#)

