

Epic Cleanse Food Resources

NON-DAIRY MILK

Unsweetened Almond Milk

Suggested Brand: [Malk](#)

Estimated Cost: \$6

Organic Unsweetened Original Almond Milk

Suggested Brand: [Three Trees](#)

Estimated Cost: \$7

Organic Unsweetened Simple Coconut Milk

Suggested Brand: [Native Forest](#)

Estimated Cost: \$4

SALAD DRESSING

Greek Dressing and Marinade

Suggested Brand: [Primal Kitchen](#)

Estimated Cost: \$8

Pantry Classic Italian

Suggested Brand: [Tessemæ's](#)

Estimated Cost: \$15

Apple Cider Vinaigrette

Suggested Brand: [Chosen Foods](#)

Estimated Cost: \$11

BONE BROTH

Clean Chicken Bone Broth

Suggested Brand: [Fond Spring](#)

Estimated Cost: \$41

Rosemary and Lemon Bone Broth

Suggested Brand: [Bare & Bones](#)

Estimated Cost: \$55

Cranberry Sage Turkey Bone Broth

Suggested Brand: [Epic Provisions](#)

Estimated Cost: \$19

COOKING OIL

Whole Kernel Virgin Coconut Oil

Suggested Brand: [Dr. Bronner's](#)

Estimated Cost: \$13

Organic Extra Virgin Olive Oil

Suggested Brand: [Primal Kitchen](#)

Estimated Cost: \$12

Organic Avocado Oil

Suggested Brand: [Nutiva](#)

Estimated Cost: \$21



CULTIVATING LOVE, FREEDOM & PURPOSE