



3-WEEK CLEANSE: FOOD LIST

FRUITS AND VEGETABLES

INCLUDE: unsweetened fresh or frozen whole fruits, fresh squeezed fruit juices, sea vegetables (seaweeds), avocados, and raw, steamed, sautéed, juiced or roasted vegetables.

Think colors of the rainbow: blueberries, raspberries, kale, beets, carrots, sweet potatoes to name a few.

LIMIT: bananas, grapes, and dried fruit.
This is because of sugar content.

EXCLUDE: corn, nightshades (tomatoes, peppers, eggplants, potatoes). *Sweet potatoes and spicy peppers are OK.*

DAIRY SUBSTITUTES

INCLUDE: hemp, rice, and nut milk (such as almond, coconut, cashew, hazelnut, etc.) *Homemade is best, if boxed choose unsweetened and free from carrageenan.*

OK: grass fed butter and/or ghee.

EXCLUDE: eggs, milk, cheese, cottage cheese, yogurt, ice cream, non-dairy creamers.

STARCH AND NON-GLUTEN GRAINS

INCLUDE: Brown, red, black and wild rice, millet, amaranth, buckwheat, teff, tapioca, quinoa, gluten free oats.

EXCLUDE: White rice, wheat, corn, barley, spelt, kamut, rye, triticale.

ANIMAL PROTEIN

INCLUDE: fresh or water packed cold-water fish (trout, salmon, halibut, tuna, mackerel, sardines, pike, kippers), wild game (rabbit, pheasant, bison, venison, elk, etc.), lamb, duck, organic chicken or turkey.

EXCLUDE: pork (bacon), beef, sausages, veal, cold cuts, canned meat, hot dogs, shellfish.

VEGETABLE PROTEIN

INCLUDE: split peas, lentils, legumes, bee pollen. Spirulina, and blue-green algae.

EXCLUDE: soybean products (soy sauce, tofu.) *Tempeh is an exception because of it's whole bean and fermented nature.*

NUTS AND SEEDS

INCLUDE: hemp, pumpkin and sunflower seeds, hazelnuts, pecans, almonds, walnuts, cashews, macadamias, pistachios, Brazil nut, seed and nut butters such as almond or tahini.

EXCLUDE: peanuts and peanut butter.

OILS

INCLUDE: cold-pressed olive, flax, almond, walnut, pumpkin, and coconut.

EXCLUDE: margarine, shortening, processed oils, canola oil, most store bought salad dressings, mayonnaise, spreads.

DRINKS

INCLUDE: water, green, white or herbal teas, mineral water, kombucha, kavita, water kefir, coconut water, green juice.

EXCLUDE: alcohol, coffee, caffeinated beverages, soda pop, soft drinks, fruit juice, (unless fresh pressed.)

SWEETENERS

INCLUDE: dried fruits, stevia, xylitol, coconut nectar or coconut sugar, raw honey, all in small amounts.

EXCLUDE: refined sugar, high fructose corn syrup, evaporated cane juice, agave, brown rice syrup, maple syrup, all fake sweeteners such as Splenda, Equal, Sweet N Low, etc.

CONDIMENTS/OTHER

INCLUDE: vinegar, all spices, all herbs, sea salt, black pepper, carob, raw or dark chocolate (dairy and sugar free), stone-ground mustard, coconut liquid aminos, wheat free tamari, miso, nama shoyu, unsweetened whole fruit jam.

EXCLUDE: regular chocolate, (with dairy and sugar), ketchup, relish, chutney, traditional soy sauce, barbecue sauce, teriyaki.

BREATH MINTS AND CHEWING GUM:

please choose natural, free of artificial colors or flavors and sweetened with xylitol.