



FOODS TO INCLUDE AND AVOID

FOODS TO INCLUDE

Organic, Non-GMO whenever possible

- ♦ Organic Coconut, Almond, Rice, Hemp Milks (read labels for additives)
- ♦ White, Jasmine, brown Rice, Millet, Quinoa, buckwheat (yes it isn't wheat!)
- ♦ Raw Almonds and other nuts (i.e. walnuts)- not roasted or salted
- ♦ Legumes (beans, lentils, peas) - If you choose to eat these
- ♦ Sweeteners - Stevia, Xylitol, (NOT Truvia or Splenda!)
- ♦ Decaf Green and Herbal Teas
- ♦ Organic Non Starchy Vegetables (50-75% of your plate!)
- ♦ Organic Green Apples, grapefruit, lemons/limes and berries
- ♦ Humanely raised/organic certified Eggs
- ♦ Wild Caught Fish (due to possible mercury contamination limit fish to 2x per week)
- ♦ Free-Range Organic/humanely raised Chicken and Turkey (1-2x/week)
- ♦ 100% Grass Fed Beef or Lamb (if 100% grass fed 3x/week)
- ♦ Raw/Organic when possible: Nut Butters (i.e. Almond butter or Nuttzo)
- ♦ Sweet Potatoes, Yams, Turnips, any root veggie
- ♦ Avocado, avocado, avocado!
- ♦ Protein Powder that is vegan, gluten free, non GMO
- ♦ Organic: Olive oil, Coconut Oil, MCT Oil (medium chain triglyceride), 100% grass fed butter (Kerrygold, unsalted), or ghee
- ♦ Raw Organic Apple Cider Vinegar (Braggs)
- ♦ Pink Himalayan Sea Salt (organic, non gmo)

FOODS TO ELIMINATE

- ♦ Dairy (milk, cheese, yogurt, ice cream, mayo)
- ♦ Gluten (All bread, even gluten-free on cleanse due to yeast)
- ♦ Soy and corn (aka soy sauce and processed foods)
- ♦ Peanut Butter
- ♦ Table Sugar, Honey, Maple Syrup and Artificial Sweeteners
- ♦ Honey and Pure Maple Syrup (unless called for in recipe and is 2 tbsp or less)
- ♦ Coffee
- ♦ Alcohol
- ♦ All Fruit (EXCEPT Limes, Lemons, Green Apples and Berries)
- ♦ Pork
- ♦ Farm Raised Fish
- ♦ Non Cage-Free Eggs
- ♦ Non Free-Range Chicken
- ♦ All Beef, other than grass fed
- ♦ White Potatoes
- ♦ Pasta (on week 2 and after if you want GF pasta make sure it is free of corn)
- ♦ Nitrates/Nitrites
- ♦ MSG - Monosodium glutamate
- ♦ Vinegar (except Apple Cider Vinegar)



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Shopping Tips

TIPS

- ♦ Spend money on good oils. Good fats are the best thing for us.
- ♦ Don't worry about calories. Do focus on the quality of fats, proteins and eating less grains.
- ♦ In general, buy certified organic and Non-GMO
- ♦ Prepare and shop in advance
- ♦ Traditional grocery stores can be difficult to shop in. Local health food stores and Whole Foods tend to be way better. And you can order some things on Amazon, if you can't find what you need locally. Also recommended: ThriveMarket.com

FATS

- ♦ Organic coconut oil cold pressed
- ♦ Organic coconut oil, ultra clean expeller pressed unrefined does not have the coconut taste (BJ's brand, Nutiva - Amazon)
- ♦ Organic olive oil - extra virgin. (Buy a bottle that filters out light: California Olive Branch, Kirkland Organic - Costco brand, Olea Estates).
- ♦ Avocados!
- ♦ Organic sesame oil can be used for some cooking (and great for oil pulling) (Banyon Botanicals - Amazon)
- ♦ MCT Oil - medium chain triglyceride from the coconut (no taste). This is so GOOD for you and the brain! (Buried Treasure Coconut MCT Oil - Amazon or Bulletproof MCT Brain Octane Oil - Bulletproof.com).
- ♦ Kerrygold unsalted butter (SILVER package). Butter is ok ONLY if it is 100% grass fed.
- * Read post about fats and smoke points for oils. Heating oils can make them become rancid and not healthy, so be mindful of this as you cook. (i.e. olive oil and high heat sauteing/frying is not okay)! Best oil to cook with is Organic coconut oil (refined does not have coconut tastes), or Organic avocado oil. Save Olive oil for dipping and dressings.



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MEATS/ANIMAL PROTEIN

- You want 100% grass fed meat. Not grass fed and grain finished. Not vegetarian fed. In this case organic certified doesn't cut it. The ratio of good omegas and nutrient content is totally different in a 100% grass fed cow or lamb.
- 100% grass fed steaks or ground beef (burgers cooked in coconut oil with avocado on top are amazing for you (put on bed of organic greens and smother drippings all over to wilt - this fat is the good kind of fat to eat). Just cook the beef at low temp (high temps and browning cause carcinogens, so lightly cook, eat as rare as possible).
- Butcher Box or American Farmers Network <http://www.americanfarmersnetwork.com>
When eating 100% grass-fed meat/lamb you can have several servings per week.
- If eating conventional factory farmed meat from the store, then only a few servings per month.
- You can get some organic free range chicken but don't eat too much of it. Chicken is not the best protein for us. Some organic free range turkey is the same.
- 100% grass fed lamb
- Some wild caught fish (Salmon & Cod - never farm raised). No tuna, no swordfish due to possible mercury contamination, limit fish to 2x per week. Avoid big fish with high mercury.
- If you choose dairy (which is not recommended on a cleanse) it has to come from 100% grass fed cows. (Organic isn't enough), Also goat's and sheep's milk are easier for most to digest. Cheese (again, not recommended on a cleanse) that is raw, unpasteurized (On 80/20 only).

VEGGIES

- Eat tons of organic non- starchy veggies - asparagus, zucchini, broccoli, spinach, cauliflower, kale, peppers, carrots, celery, cucumbers, bok choy, swiss chard, all greens! Sweet potatoes, regular squash and spaghetti; butternut.
- You can roast a ton of veggies and after cooking smother them in good EVOO, (extra virgin olive oil that is organic or MCT oil), or 100% grassfed butter. (Kerrygold silver)
- Mashed cauliflower w/ Kerrygold silver butter is unbelievable - like mashed potatoes!. Sweet potatoes/yams - organic. I make baked fries with them, or chips or just bake them. (Dust with some Himalayan salt and cayenne - yum!)
Some people are sensitive to and avoid or eat less of the nightshade veggies: tomatoes, peppers, potatoes, eggplants, etc.



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SALT/VINEGAR

- ♦ Pink Himalayan sea salt (Organic and Non GMO)- so, so so good for you. (don't use table salt).
- ♦ Braggs unfiltered, organic, raw apple cider vinegar - for cooking, salad dressings, etc. (only vinegar allowed on a cleanse b/c it is alkaline). You can drink 1 tbsp a day in water and sip with a straw as it is great for digestion, sugars, etc. If you don't like the taste, mix 1 tbsp. ACV with your favorite fizzie (add a digestion plus in too for a mock kombucha).
- ♦ Use spices! Oregano, turmeric, cayenne, fennel, etc etc. But buy quality spices. There is so much hidden MSG and crap in spices. If they are older than 6 months, throw them out. Buy organic spices only and non-gmo when possible.

FRUIT/NUTS

- ♦ Organic berries and organic green apples
- ♦ Organic lemons and limes
- ♦ Avocados!! You can make guac as much as you like - but you have to make it, unless you find a label that has no extra chemical, oils, etc in it.
- ♦ Raw, organic almond or cashew or sunflower seed butter. Blend with shakes for more calories and protein, and on some gluten free rice crackers (NO peanut butter even if organic. These have the longest chain fatty acids and are super hard on our body (our gallbladder namely) to breakdown, and they are often tainted with a mold called aflatoxin).
- ♦ Nut butters must not have roasted nuts, or any extra oils or salts.
- ♦ Raw, organic nuts - almonds and walnuts are the best. Keep refrigerated to keep mold out. Don't buy roasted... or any type of processing.

LEGUMES/BEANS/GRAINS

- ♦ We recommend having less grains in general on a cleanse (even when gluten free). Some people decide to avoid them entirely. Depends on your sensitivity and body. We recommend no bread, crackers or pasta, even if gluten free, on a cleanse b/c these have processed carbs and yeast (and often corn, soy or unhelpful oils).
- ♦ Organic white jasmine rice (yes white) or sprouted brown; organic quinoa.
- ♦ If you do not have insulin resistance and are okay with beans/legumes then you can add lentils, peas, beans. (Paleo diets do not use these).
- ♦ Hummus - only Abraham's or Hope brands are really ok, otherwise make yourself.
- ♦ If you must have pasta - organic sprouted quinoa pasta is okay. (Mrs Greens carries this if you are in NE). Check for corn in your gluten free pastas - no corn on a cleanse!

If you must have bread or crackers:

- ♦ Brown rice crackers unsalted, "brown rice snaps" by Edward and Sons are good. Also Mary's Gone Super Seed crackers only are ok. Organic brown rice cakes are ok.
- ♦ Bread - "Food for life," in freezer section. Ezekiel food for life - brown rice bread free of gluten and yeast, corn and soy (great toasted with raw, organic almond butter with some pink Himalayan salt - yum).
- ♦ After a cleanse if you can tolerate some whole grains then Ezekiel - Food for life sprouted breads are okay in low quantities.



FOODS TO INCLUDE AND AVOID

YOUR PROTEIN SHAKE

2 scoops Arbonne protein

1/4 - 1/2 scoop fiber boost

*9 oz water

Do not mix Digestion Plus in blender, stir in after blending; drink within 20 minutes.

(or take digestion plus in water first)

Greens powder, if you are using (or in water not with shake)

Handful of organic berries

Dash organic cinnamon (and/or organic turmeric).

**Some type of fat

Ice if desired

*You can use nut milks. Just know there is too much of a good thing with daily nut milks (takes LOTS of nuts to get a 1/2 cup of nut milk). Buy them unsweetened and with the least amount of ingredients. Maybe alternate and don't use them daily. Water and ice with some other kind of fat works too! Rice milks are okay (higher in sugar generally), hemp is great (takes acquired taste to get used to).

**Fat in shakes: slice of avocado, or tbsp of MCT oil, or full fat coconut milk. 1-2 TBSP raw nut butter.

You can repeat the shake during the day again too - or add fun things like organic fresh spinach (keep a tub in the freezer so it doesn't go bad), almond butter, pumpkin puree (if organic)... lots of fun things.

Health food stores will have most of what you need, usually. Purchase meat and fish at Whole Foods (or American Farmers Network or local farmers market); all veggies and the rest at a health food store that does only organic produce. Otherwise, choose carefully at Trader Joe, the grocery store, or Whole Foods.

Happy Eating!