

CLEAN

Cleanse Diet Shopping List

Fruits

Apples	Figs	Mulberries
Apricots	Huckleberries	Nectarines
Blackberries	Kiwi	Papayas
Blueberries	Kumquat	Peaches
Cantaloupe	Loganberries	Pears
Cherries	Mangoes	Plums
Coconut	Melons	Raspberries

Note: Dried fruits are okay in moderation, but please use very sparingly as they are still high in concentrated sugars and even though they're natural sugars and better than a candy bar, they still spike blood sugar levels, keep us relying on sweeteners to boost us up, and also be constipating for many people. You can reconstitute them by soaking in warm water until they plump back up which will cut down their constipating effects. Avoid dried bananas and raisins entirely, since grapes (and bananas) are not allowed on the program.

Vegetables

Artichoke	Celery root (celeriac)	Sea vegetables/seaweed:
Arugula	Chives	kelp, dulse, hijiki, arame,
Asparagus	Cucumber	wakame
Avocado	Dandelion greens	Radishes
Bamboo shoots	Endive	Rutabaga
Beet & beet greens	Jicama	Snow peas
Bok Choy	Kale	Spinach
Broccoflower	Kohlrabi	Sprouts: all
Broccoli	Leeks	Squash: winter & summer
Brussel sprouts	Mushrooms: all	Swiss chard
Cabbage	Onions	Turnip
Carrots	Pak choi	Watercress
Cauliflower	Okra	Zucchini
Celery	Red leaf chicory	

Beans

Lentils: brown, red, green, yellow, French	Split peas	All beans, except soy (edamame)
	Chickpeas	

Non-Gluten Grains

Amaranth	Teff	Rice: brown, red, black (forbidden rice), wild
Millet	Buckwheat	
Quinoa: red & white		

Cereals & Pasta

Puffed brown rice
Puffed millet

Brown rice pasta
100% Buckwheat noodles

Kelp noodles
Rice crackers

Bread & Baking

Arrowroot powder
Baking soda
Baking powder (non-aluminum)

Rice bran
Gluten & yeast-free breads
Quinoa flakes

Flours: brown rice, teff, millet,
tapioca, amaranth, garbanzo
bean, coconut, chestnut,
sorghum

Flesh Foods

Free-range chicken, turkey,
duck
Lamb
Buffalo
Wild game: venison, quail,

pheasant, rabbit
Cold water ocean fish: wild
pacific salmon, ocean char,
cod, halibut, haddock, sole,
pollack, tuna, stripped bass

Water-packed canned tuna
(without added soy protein)
Sardines
Anchovies

Oils

Almond
Flax seed
Coconut (best for cooking at
high temperatures)

Olive
Pumpkin
Safflower
Sesame

Sunflower
Walnut
Hazelnut
Truffle

Note: Please make sure oils are unrefined, extra virgin, non-gmo, organic, cold-pressed, etc.

Vinegars

Apple cider
Balsamic

Red wine
Rice

Tarragon
Ume plum

Nuts & Seeds

Almonds
Cashews
Flax seeds
Hazelnuts (filberts)

Pecans
Poppy seeds
Pumpkin seeds
Sesame seeds

Sunflower seeds
Walnuts
Hemp seeds

Note: All of the above can be consumed as butters and spreads (tahini, almond butter, etc). Nuts and seeds are best consumed raw (not roasted) and unsalted.

Dairy substitutes

Almond milk (unsweetened)
Hemp milk (unsweetened)
Hazelnut milk (unsweetened)

Coconut milk or water
Rice (whole grain, brown rice)
*rice milk is the most processed

of the dairy substitutes and
often sweetened. Other dairy
substitutes preferred.

Beverages

Teas: herbal, white, rooibos,
green, yerba mate
Kombucha

Mineral water
Spring water

Fresh squeezed fruit and
vegetable juice* made with
only Clean-approved fruits and
vegetables

Herbs, Spices & Extracts

Allspice	Dandelion	Sage
Anise	Dill	Salt-free herbal blends
Basil	Dry mustard	Savory
Bay leaf	Fennel	Sea salt
Caraway seeds	Garlic	Tarragon
Cardamom	Ginger	Thyme
Celery seeds	Mint	Turmeric
Cinnamon	Nutmeg	Vanilla extract (pure)
Clove	Oregano	Raw cacao
Coriander	Parsley	Carob (unsweetened)
Cumin	Saffron	

Note: Small amounts of chili and cayenne powders are acceptable if you know you aren't allergic to nightshades

Condiments

Mustard (made with apple cider vinegar)	Wheat free tamari*	*These have small amounts on fermented soy - avoid if you know you are sensitive to soy
Nutritional yeast	Nama shoyu*	
	Miso*	

Sweeteners

Whole fruit sweeteners (dates)	Xylitol	Yacon syrup
Stevia	Coconut nectar or sugar	Lucuma powder

Note: The sweet taste in general is meant for us to consume in small amounts. Natural fructose in whole fruits are available seasonally and come "packaged" with beneficial fiber, vitamins, minerals and enzymes. Unfortunately, we've grown accustomed to having them readily available whenever we want. We consume too many empty calories and this has detrimental effects on our bodies and emotions.

We do suggest agave as an alternative to refined sugar, but we highly recommend that any processed sweetener always be used in moderation, especially during a cleansing program where the detoxification organs are working extra hard. Our preferred sugar replacement is stevia, an herb that does not affect blood sugar and contains zero calories. It comes in liquid, powder and whole leaf form and can be used in any recipe or in your shakes.

Raw and organic honey is another less processed alternative to refined sugar, as it contains beneficial enzymes and aids digestion but it's best to use it sparingly only after the 21 day program as it's still a concentrated sugar.

A cleanse such as this one will help to identify our emotional and physical triggers, habits and eating behaviors. When we eliminate toxins, encourage healthy microflora growth in our digestive tracts, and begin introducing more greens (especially in the form of fresh juices), quite often sugar cravings begin to disappear, and our bodies find a healthy balance.