# **Cleansing Diet**

#### **Breakfast**

(eat only Whole fruit)

apples
apricots
sweet cherry
fresh fig
mango
papaya
pears
peaches
grapes
grapes bananas
0 1
bananas
bananas dates
bananas dates persimmon
bananas dates persimmon watermelon

# **Condiments**

(after 25 days) unrefined sea salt ginger basil garlic dill curry

### **DO NOT EAT/OR USE**

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potatoes	meats	shellfish
tomatoes	dry fruit	sugars
peppers	breads	flours
mushrooms	oils	coffee
eggplant	salt/pepper	tea
juices	canned food	aluminum foil or cook ware

#### Lunch (eat only starches & veggies)

# **Starches**

peas sweet potatoes winter squash acorn squash hubbard squash butternut squash yellow squash okra brown rice black beans millet buckwheat oats quinoa chickpea

# Vegetables

leafy greens watercress sweet corn fresh peas asparagus cucumber turnips carrots mung, lentil or alfalfa sprouts jerusalem artichokes broccoli **<u>Dinner</u>** (eat only leafy greens & protein)

# Protein Sources

snow peas lima beans lentils salmon (once weekly) AVOCADO

# Seeds

pumpkin sunflower

# <u>Nuts</u>

almonds (soak in water 1 hr.) walnuts

# Leafy Greens

spinach swish chard chicory bok choy rabe collard greens dandelion radish greens sunflower greens kale turnip greens beet greens mustard greens escarole

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\*Drink ½ Body Weight in ounces daily (200 lbs = 100 ounces) \*Start the day with 1/3 of this total. Drink within 10 minutes! example: (100/3=33 oz, then 67 oz before bed)

\*Steam all vegetables \*Steam or Boil all grains \*BUY ORGANIC !

Triple Fiber Powder by Renew Life 1 Scoop (11 grams) Twice Daily

\*\*\* Senna capsules as needed to achieve 3 bowel movements daily \*\*\*

Alfalfa Tablets	20 Daily	5 morning		
(Bernard Jensen)	chew to liquid	5 lunch		
		5 dinner		
		5 evening		
Iodine (600 mcg*)	Every Morning			
Liqui-Dulse by Bernard Jensen				

\*If taking any prescription medications start with 70 mcg Every Morning Potassium Iodine by Body Bio

\*If already taking higher amounts of Iodine, continue at current dosage.

Probiotics (take 1 capsule daily):

Atomidine by Heritage

Renew Life	FloraMore etc
Dr Ohhira's	12 Plus etc
Active Greens	Ultimate Pro SBO
O'Donnell Formulas	Flora Balance

Udo's Oil DHA Blend by Flora (6 capsules/1 teaspoon or more daily)

Vitamin D3 (at least 1000 IU per 40 pounds if not getting at least 30 minutes of full body, UNPROTECTED Sun exposure.

\*\*\* <u>Light</u> exercise – walking, yoga, stretching \*\*\*

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