

# Cleansing Diet

## Breakfast

(eat only Whole fruit)

apples  
apricots  
sweet cherry  
fresh fig  
mango  
papaya  
pears  
peaches  
grapes  
bananas  
dates  
persimmon  
watermelon  
lemons  
oranges  
berries

## Condiments

(after 25 days)

unrefined sea salt  
ginger  
basil  
garlic  
dill  
curry

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

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

## Dinner

(eat only leafy greens & protein)

### Protein Sources

snow peas  
lima beans  
lentils  
salmon (once weekly)  
**AVOCADO**

### Seeds

pumpkin  
sunflower

### Nuts

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

