

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

