

# CLEAN<sup>®</sup>

## Elimination 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
Millet	Buckwheat	(forbidden rice), wild
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)	Stevia	Agave (definitely not the preferred choice, but okay in moderation)
Brown rice syrup	Xylitol	

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.