

## CLEANSE: REVITALIZE

	FOODS TO EMBRACE	FOODS TO ELIMINATE
<b>Fruits</b>	Enjoy in moderation. 1–2 servings of low sugar fruit per day. Berries (best), green apples, grapefruit, papaya.	High sugar fruits such as bananas, cherries, grapes, figs, lychees, mangoes, pineapple, pears, watermelon. Dried fruits, fruit juice.
<b>Vegetables</b>	All non-starchy vegetables, eat liberally. Sea vegetables (kelp, nori, dulse). Fermented vegetables (sauerkraut, kim chi).  Starchy Vegetables, no more than 1 serving per day. Squash (all types), sweet potatoes, yams, turnips, rutabagas, beets.	Corn, nightshade vegetables (tomato, potato, eggplant, peppers of all kinds). Canned vegetables.
<b>Animal Protein</b>	Organic or free range lamb, chicken, turkey, duck, wild game, and grass-fed beef.	Eggs, factory-farmed meats, processed meats. (cold-cuts, canned meats, sausage, hot dogs).
<b>Fish</b>	Wild caught fish and seafood/shellfish. Small fish such as black cod, herring, sardines, trout.	Farmed fish and high-mercury fish. Avoid the large fish such as tuna and swordfish.
<b>Grains</b>	Eliminate. Vegetarians may have 1/2 cup of whole grains daily, such as brown rice, quinoa and wild rice.  Kelp noodles, or Capello's pasta are good substitutes for pasta/noodles. Almond flour and coconut flour are good baking substitutes.	All gluten grains & flours including wheat, rice, quinoa, oats, couscous, bread, pasta, pizza, pastries, cereals.
<b>Beans</b>	Eliminate. Vegetarians may have 1/2 cup of beans/legumes daily.	All beans & pulses (split peas, lentils, legumes). Soy (tofu, tempeh, miso, edamame, soy milk).
<b>Nuts &amp; Seeds</b>	Raw almonds, cashews, walnuts, hazelnuts, brazilnuts, sesame seeds, pumpkin seeds.	Peanuts, salted/roasted nuts.
<b>Dairy and Dairy Substitutes</b>	Unsweetened almond, rice, hemp & coconut milk. Ghee & butter from grass-fed cows (no more than once a day).	Cows milk, sheep's milk, goat's milk, powdered milk, cheese, cream cheese, cottage cheese, yogurt, non-dairy creamers.
<b>Sweeteners</b>	Small amounts of stevia.	Refined sugars, added sugars, artificial and natural sweeteners including agave, honey and maple syrup.
<b>Beverages</b>	Non-caffeinated green or herbal teas, spring and sparkling water, fresh vegetable juices, bone broth. At most, one daily cup of coffee or caffeinated tea.	Alcohol, soda, fruit juices, energy drinks, caffeinated beverages.
<b>Fats and Oils</b>	Coconut oil, avocado, sesame, flax, extra virgin olive oil, coconut butter, almond butter.	Processed seed and vegetable oils such as canola, sunflower, safflower, corn, soy, margarine or shortening.
<b>Vinegars</b>	Apple cider, white wine, red wine, balsamic. Olive oil and fresh squeezed lemon is a great salad dressing.	Commercial salad dressings.
<b>Herbs, Spices &amp; Condiments</b>	All herbs and spices. Substitute coconut aminos for soy sauce.	Ketchup, relish, BBQ sauce, soy sauce, mayonnaise.
<b>Other</b>	Cocoa nibs, unsweetened cocoa powder, 100% raw cacao.	Candy, energy bars, protein bars, gluten-free junk food.