



# BE WELL

by DR. FRANK LIPMAN

CLEANSE

EATING PLAN

## Cleanse Eating Plan

	Allowed	Not Allowed
<b>Fruits</b>	All fresh fruits except those in the not allowed list	Oranges, grapefruit, strawberries, grapes, bananas, dried fruits
<b>Vegetables</b>	All fresh vegetables except those in the not allowed list	Corn, canned vegetables, nightshades, (tomato, potato, eggplant, pepper)
<b>Animal Protein</b>	Organic or free range chicken, turkey, lamb, duck, wild game	Eggs, factory-farmed meats including: chicken, turkey, pork, beef, veal, sausage, cold cuts, canned meats, hot dogs
<b>Fish</b>	Wild salmon, black cod (sablefish) trout, anchovies, herring, sardines (fresh & canned), low mercury wild fish	Factory farmed fish, high mercury fish including: tuna, shark, swordfish, shellfish
<b>Grains</b>	Non-gluten grains including: quinoa, brown and wild rice, buck-wheat, teff, millet, amaranth, brown rice pasta, pure buckwheat noodles	Gluten grains including: wheat, barley, rye, spelt, bran, farina, kamut, couscous, oats
<b>Beans &amp; Pulses</b>	All beans, split peas, lentils, legumes	Soybean products
<b>Nuts &amp; Seeds</b>	Raw (unroasted), unsalted almonds, cashews, walnuts, hazelnuts, brazil nuts, sesame seeds, pumpkin seeds	Peanut products
<b>Dairy &amp; Dairy Substitutes</b>	Almond milk, rice milk, hemp milk, coconut milk	Cows milk, sheeps milk, goat milk, soy milk, non-dairy creamers, powdered milk, cheese, cream cheese, cottage cheese, butter, yogurt
<b>Sweeteners</b>	Stevia, Xylitol or small amounts of: raw honey, 100% maple syrup, 100% palm sugar, black strap molasses	Artificial sweeteners, refined sugars, cane sugar, beet sugar, white and brown sugars, fruit juice concentrate, high fructose corn syrup
<b>Beverages</b>	Green or herbal teas (non-caffeinated), spring and sparkling water, fresh vegetable juices	Commercial fruit juices, commercial energy drinks, alcohol, caffeinated beverages, coffee, regular tea, soft drinks
<b>Oils</b>	Extra virgin olive oil, coconut, sesame, walnut, flaxseed	Canola, sunflower, margarine, shortening
<b>Vinegars</b>	Apple cider, white wine, red wine, balsamic, rice	Commercial salad dressings
<b>Herbs, Spices &amp; Condiments</b>	All herbs and spices, mustard	Ketchup, relish, chutney, BBQ sauce, mayonnaise
<b>Other</b>	Cocoa nibs, unsweetened cocoa powder	Candy, chocolate, energy bars, protein bars