

Healthy Cleanse Shopping List

Here are some tips to ensure your success

FOCUS MORE ON VEGGIES

They're generally higher in fibre and nutritional value. For your daily intake, aim for 2/3 veggies and 1/3 fruit.

IT'S IDEAL TO SELECT FRESH FRUIT AND VEGETABLES

But if you don't have a great variety of fresh choices available to you, frozen fruit and vegetables or low-sodium canned vegetables are acceptable alternatives.

VARIETY IS THE KEY

You can eat your vegetables raw, steamed, or sautéed with a little olive oil. Steaming or sautéing can help release many phytonutrients, especially fat-soluble ones such as lutein and lycopene. Please do not boil vegetables.

VEGETABLES:

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|--|---|
| <input type="checkbox"/> Artichoke | <input type="checkbox"/> Kale |
| <input type="checkbox"/> Asparagus | <input type="checkbox"/> Lettuce (<i>all varieties</i>) |
| <input type="checkbox"/> Beets | <input type="checkbox"/> Mushrooms |
| <input type="checkbox"/> Bell peppers (<i>all colours</i>) | <input type="checkbox"/> Onions (<i>chives, leeks, scallions, shallots</i>) |
| <input type="checkbox"/> Bok choy | <input type="checkbox"/> Parsnips |
| <input type="checkbox"/> Broccoli, broccoflower, broccolini, broccoli rabe | <input type="checkbox"/> Peas |
| <input type="checkbox"/> Brussels sprouts | <input type="checkbox"/> Pea Pods |
| <input type="checkbox"/> Cabbage (<i>red or green</i>) | <input type="checkbox"/> Radicchio |
| <input type="checkbox"/> Carrots | <input type="checkbox"/> Radishes |
| <input type="checkbox"/> Cauliflower | <input type="checkbox"/> Spinach |
| <input type="checkbox"/> Celery | <input type="checkbox"/> Sprouts |
| <input type="checkbox"/> Celery root | <input type="checkbox"/> Summer squash |
| <input type="checkbox"/> Collard greens | <input type="checkbox"/> Sunchokes |
| <input type="checkbox"/> Eggplant | <input type="checkbox"/> Swiss chard |
| <input type="checkbox"/> Fennel bulb | <input type="checkbox"/> Watercress |
| <input type="checkbox"/> Garlic (<i>in moderation</i>) | <input type="checkbox"/> Winter squash (<i>butternut, acorn, etc.</i>) |
| <input type="checkbox"/> Green beans | <input type="checkbox"/> Zucchini |
| <input type="checkbox"/> Jicama | |

ENJOY 1 SERVING A DAY OF THE FOLLOWING:

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| <input type="checkbox"/> Avocado (<i>limit to 1/2-1 per day</i>) | <input type="checkbox"/> Turnips |
| <input type="checkbox"/> Rutabagas | <input type="checkbox"/> Yams |
| <input type="checkbox"/> Sweet potatoes | |

FRUIT:

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| <input type="checkbox"/> Apples | <input type="checkbox"/> Limes |
| <input type="checkbox"/> Apricots | <input type="checkbox"/> Nectarines |
| <input type="checkbox"/> Bananas (<i>limit to 1/2 per day</i>) | <input type="checkbox"/> Oranges (<i>limit to 1 per day</i>) |
| <input type="checkbox"/> Berries (<i>blackberries, blueberries, raspberries, strawberries</i>) | <input type="checkbox"/> Papaya |
| <input type="checkbox"/> Cantaloupe | <input type="checkbox"/> Passionfruit |
| <input type="checkbox"/> Grapefruit | <input type="checkbox"/> Peaches |
| <input type="checkbox"/> Honeydew melon | <input type="checkbox"/> Plums |
| <input type="checkbox"/> Kiwi | <input type="checkbox"/> Pluots |
| <input type="checkbox"/> Lemons | <input type="checkbox"/> Tomatoes |

BEVERAGES:

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|---|--|
| <input type="checkbox"/> Non-caffeinated green or herbal teas | <input type="checkbox"/> Fresh vegetable juices (<i>although best to eat whole vegetables and fruit</i>) |
| <input type="checkbox"/> Filtered water | |

BEVERAGES TO AVOID:

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| <input type="checkbox"/> Alcohol | <input type="checkbox"/> Dairy and dairy alternatives |
| <input type="checkbox"/> Soft drinks | <input type="checkbox"/> Caffeinated beverages (<i>if heavy caffeine user, aim to cut caffeine in half during cleanse</i>) |
| <input type="checkbox"/> Fruit juices | |
| <input type="checkbox"/> Energy drinks | |

FATS:

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| <input type="checkbox"/> Extra virgin olive oil (<i>1 to 2 tablespoons per day for salad dressing or sautéing</i>) |
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CONDIMENTS:

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|--|---|
| <input type="checkbox"/> All herbs and spices – fresh and dried (<i>ginger, parsley, etc.</i>) | <input type="checkbox"/> Pepper |
| <input type="checkbox"/> Mustard | <input type="checkbox"/> Salsa – great as a dip for veggies |

You can do it! We're rooting for you!

