

7-Day 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"/> Artichokes | <input type="checkbox"/> Kale |
| <input type="checkbox"/> Asparagus | <input type="checkbox"/> Lettuce (<i>all varieties</i>) |
| <input type="checkbox"/> Bell peppers (<i>all colors</i>) | <input type="checkbox"/> Mushrooms |
| <input type="checkbox"/> Beets | <input type="checkbox"/> Onions (<i>scallions, chives, leeks, garlic, 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 to 1 per day</i>) | <input type="checkbox"/> Sweet potatoes |
| <input type="checkbox"/> Rutabagas | <input type="checkbox"/> Turnips |
| | <input type="checkbox"/> Yams |

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>blueberries, raspberries, blackberries, strawberries</i>) | <input type="checkbox"/> Papayas |
| <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"/> Kiwis | <input type="checkbox"/> Pluots |
| <input type="checkbox"/> Lemons | <input type="checkbox"/> Tomatoes |

BEVERAGES:

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|---|--|
| <input type="checkbox"/> Decaffeinated 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"/> Soft drinks | <input type="checkbox"/> Energy drinks |
| <input type="checkbox"/> Alcohol | <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"/> Milk alternatives | |

FATS:

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| <input type="checkbox"/> Extra virgin olive oil (<i>1-2 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>parsley, ginger</i>) | <input type="checkbox"/> Mustard |
| <input type="checkbox"/> Pepper | <input type="checkbox"/> Salsa – great as a dip for veggies |

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

