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:**
- Artichoke
- Asparagus
- Beets
- Bell peppers (all colours)
- Bok choy
- Broccoli, broccoli flower, broccolini, broccoli rabe
- Brussels sprouts
- Cabbage (red or green)
- Carrots
- Cauliflower
- Celery
- Celery root
- Collard greens
- Eggplant
- Fennel bulb
- Garlic (in moderation)
- Green beans
- Jicama

**FRUIT:**
- Apples
- Apricots
- Bananas (limit to 1/2 per day)
- Berries (blackberries, blueberries, raspberries, strawberries)
- Cantaloupe
- Grapefruit
- Honeydew melon
- Kiwi
- Lemons
- Limes
- Nectarines
- Oranges (limit to 1 per day)
- Papaya
- Passionfruit
- Peaches
- Plums
- Pluots
- Tomatoes

**ENJOY 1 SERVING A DAY OF THE FOLLOWING:**
- Avocado (limit to 1/2–1 per day)
- Turnips
- Rutabagas
- Yams
- Sweet potatoes
- Kale
- Lettuce (all varieties)
- Mushrooms
- Onions (chives, leeks, scallions, shallots)
- Parsnips
- Peas
- Pea Pods
- Radicchio
- Radishes
- Spinach
- Sprouts
- Summer squash
- Sunchokes
- Swiss chard
- Watercress
- Winter squash (butternut, acorn, etc.)
- Zucchini

**BEVERAGES:**
- Non-caffeinated green or herbal teas
- Filtered water
- Fresh vegetable juices (although best to eat whole vegetables and fruit)

**BEVERAGES TO AVOID:**
- Alcohol
- Soft drinks
- Fruit juices
- Energy drinks
- Dairy and dairy alternatives
- Caffeinated beverages (if heavy caffeine user, aim to cut caffeine in half during cleanse)

**FATS:**
- Extra virgin olive oil (1 to 2 tablespoons per day for salad dressing or sautéing)

**CONDIMENTS:**
- All herbs and spices – fresh and dried (ginger, parsley, etc.)
- Pepper
- Salsa – great as a dip for veggies
- Mustard

You can do it! We’re rooting for you!