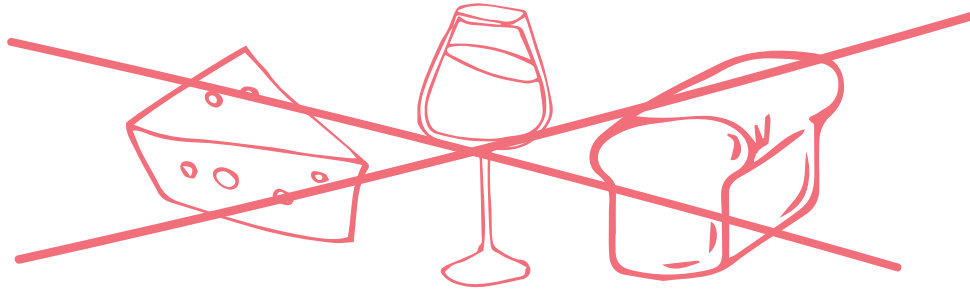


"NO" FOODS

Avoid These Foods During Your 5-Day Cleanse



Alcohol

**Artificial Sweeteners, Sugar
Alcohol, or Sugar**

Dairy

Grains or Grain-Based Milks
(Barley, Corn, Oats, Quinoa,
Rice, Rye, Spelt, Wheat)

Juice

Kombucha or Kefir

Legumes
(Beans, Lentils, Peas, Peanuts,
Peanut Butter, Soy)

White Potatoes

NO Meat

Do not add any meat to your soup, no chicken, turkey, beef, wild game, fish, seafood, bacon, sausage, or deli meat.

NO Snacks

To take the edge off any hunger try sparkling mineral water added to a detox water. Drink more water. Have an unsweetened coffee or tea.

NO Solid Food

Make sure the "YES" foods added to your smoothies and soups are pureed and blended completely.