

"YES" FOODS

On This Cleanse, You'll Eat The Foods Listed Below, And Nothing Else

NON-STARCHY VEGETABLES

unlimited

Arugula	Jalapeño peppers
Asparagus	Kale
Bell peppers	Leeks
Bok choy	Lettuce
Broccoli	Mushrooms
Broccoli rabe	Napa cabbage
Brussels sprouts	Onions
Cauliflower	Parsley
Celery	Radicchio
Chile peppers	Radishes
Cilantro	Red cabbage
Cucumber	Seaweed
Daikon	Spinach
Eggplant	Sprouts
Garlic	Summer squash
Green beans	Swiss chard
Green cabbage	Tomato
Green onions	Watercress
Greens (beet, collard, mustard greens)	Zucchini

STARCHY VEGETABLES

½ cup serving

Acorn squash
Beets
Butternut squash
Carrots
Celery root
Jicama
Kohlrabi
Parsnips
Plantains
Pumpkin
Rutabaga
Spaghetti squash
Sweet potatoes/yams
Turnips
Yucca

FRUIT: ½ cup serving

Blackberries	Mulberries
Blueberries	Nectarines
Cantaloupe	Oranges
Cherries	Papayas
Clementines	Peaches
Cranberries	Pears
Grapefruit	Pineapple
Guava	Plums
Honeydew	Raspberries
Kiwis	Star fruit
Lemons	Strawberries
Limes	Tangerines
Mangos	Watermelon

HEALTHY FATS: servings sizes vary

Almond butter (unsweetened, 1 tbs)	Ghee/clarified butter (1 tbs)
Avocado (¼ to ½ avocado)	Ground flaxseed (2 tbs)
Avocado oil (1 tbs)	Hemp seeds (2 tbs)
Canned full-fat coconut milk (1/3 cup)	Nuts (1 closed handful, about 2 tbs; don't use peanuts/peanut butter)
Chia seeds (4 tsp)	Olive oil (1 tbs)
Coconut chips (unsweetened; 1 closed handful or about 2 tbs)	Olives (1 closed handful or about 2 tbs)
Coconut oil/MCT oil (1 tbs)	Walnut oil (1 tbs)