

10 DAY REFRESH FOOD CHOICES

Refer to the Day-by-Day plan for specific food designations of which foods to eliminate at which time. Stock up on vegetables, especially cruciferous veggies, as they are always permitted!

Vegetables

Alfalfa Sprouts	Artichoke	Arugula	Asparagus
Beets	Bok Choy	Broccoli	Brussels Sprouts
Cabbage	Cauliflower	Celery	Chives
Cucumber	Eggplant	Endive	Escarole
Fennel	Garlic	Ginger	Green Beans
Jicama	Kale	Kohlrabi	Leeks
Lettuce	Mushrooms	Olives	Okra
Onions	Parsnips	Peppers	Potatoes
Radishes	Rutabaga	Scallions	Seaweed
Shallots	Spinach	Sweet potato	Tomatoes
Turnips	Waterchestnut	Winter squash	Zucchini squash

Fruits

Apple	Applesauce (unsweetened)	Apricot	Avocado
Banana	Berries (all types)	Cherries	Coconut
Grapes	Kiwi	Lemon	Limes
Melon (all kinds)	Nectarine	Orange	Pear
Pineapple	Plum	Pomegranate	Pumpkin

Whole Grains

Rice	Amaranth	Buckwheat	Millet	Oats	Quinoa
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Legumes

Beans (white, black, pinto, navy)	Garbanzo/chickpea	Hummus
Lentils	Peas	

Beverages

Almond Milk	Coconut Milk (ideally from a can)	Coconut Water
Herbal Tea	Rice Milk	Water

Nuts, Seeds & Oils

Almonds, Almond Butter	Cashews	Chia Seeds	Coconut
Flaxseed	Hazelnuts	Pecans	Pumpkin Seeds
Sunflower seeds	Sesame seeds (tahini)	Walnuts	Pistachios
Avocado Oil	Coconut Oil	Olive Oil	

To Enjoy EVERY DAY of the cleanse:

All Cruciferous Veggies	All Allium Veggies	All Berries (except dried)	Apples & Pears
Plain Mustard	Lemon & Limes	Vinegar	Sea Salt
Coconut Oil	Olive Oil	Herbs & spices (fresh or dried)	

Foods not on the list at anytime: soy foods (tofu, soy sauce, tempeh), gluten grains (wheat, barley, rye), artificial sweeteners, carbonated drinks, caffeinated drinks (coffee/tea) & decaffeinated versions