WHOLE BODY CLEANSE
internal cleansing system

Start Shopping! (Cleanse Grocery List)

It's important to eat right during your cleanse to get the most out of it. Take along this handy grocery list of "cleanse-friendly" foods and get shopping! We promise you won't go hungry.

- ☐ Bottled or filtered water
- ☐ Organic eggs
- ☐ Organic fresh fruit
- ☐ Greens (steamed or raw), e.g. chard, spinach endive, arugula, romaine, butter lettuce
- ☐ Whole grains like brown rice, millet and quinoa
- ☐ Vegetable juice
- ☐ Nuts and nut butter (no peanuts)
- ☐ Organic chicken, turkey or lamb
- ☐ Fresh cold water fish (salmon, whitefish, haddock, halibut)
- ☐ Legumes (navy, white, red, fava, garbanzo and kidney beans)
- ☐ Cold pressed oils (olive, canola, rice bran, grape seed, flaxseed)
- ☐ Spices and sauces (tamari, ginger, garlic, cayenne, tarragon, thyme, sea salt)
- ☐ Herbal teas
- ☐ Organic vegetables (steamed or raw)
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