



BE WELL

by DR. FRANK LIPMAN

CLEANSE

EATING PLAN

Cleanse Eating Plan

	Allowed	Not Allowed
Fruits	All fresh fruits except those in the not allowed list	Oranges, grapefruit, strawberries, grapes, bananas, dried fruits
Vegetables	All fresh vegetables except those in the not allowed list	Corn, canned vegetables, nightshades, (tomato, potato, eggplant, pepper)
Animal Protein	Organic or free range chicken, turkey, lamb, duck, wild game	Eggs, factory-farmed meats including: chicken, turkey, pork, beef, veal, sausage, cold cuts, canned meats, hot dogs
Fish	Wild salmon, black cod (sablefish) trout, anchovies, herring, sardines (fresh & canned), low mercury wild fish	Factory farmed fish, high mercury fish including: tuna, shark, swordfish, shellfish
Grains	Non-gluten grains including: quinoa, brown and wild rice, buckwheat, teff, millet, amaranth, brown rice pasta, pure buckwheat noodles	Gluten grains including: wheat, barley, rye, spelt, bran, farina, kamut, couscous, oats
Beans & Pulses	All beans, split peas, lentils, legumes	Soybean products
Nuts & Seeds	Raw (unroasted), unsalted almonds, cashews, walnuts, hazelnuts, brazil nuts, sesame seeds, pumpkin seeds	Peanut products
Dairy & Dairy Substitutes	Almond milk, rice milk, hemp milk, coconut milk	Cows milk, sheeps milk, goat milk, soy milk, non-dairy creamers, powdered milk, cheese, cream cheese, cottage cheese, butter, yogurt
Sweeteners	Stevia, Xylitol or small amounts of: raw honey, 100% maple syrup, 100% palm sugar, black strap molasses	Artificial sweeteners, refined sugars, cane sugar, beet sugar, white and brown sugars, fruit juice concentrate, high fructose corn syrup
Beverages	Green or herbal teas (non-caffeinated), spring and sparkling water, fresh vegetable juices	Commercial fruit juices, commercial energy, drinks, alcohol, caffeinated beverages, coffee, regular tea, soft drinks
Oils	Extra virgin olive oil, coconut, sesame, walnut, flaxseed	Canola, sunflower, margarine, shortening
Vinegars	Apple cider, white wine, red wine, balsamic, rice	Commercial salad dressings
Herbs, Spices & Condiments	All herbs and spices, mustard	Ketchup, relish, chutney, BBQ sauce, mayonnaise
Other	Cocoa nibs, unsweetened cocoa powder	Candy, chocolate, energy bars, protein bars