

HERBAL CLEANSE GROCERY SHOPPING GUIDE

Vegetables (steam in the bag is ok)

Broccoli
Cauliflower
Carrots
Green, Red, Yellow Peppers
Jalapeño or other hot peppers
Onions
Garlic
Salad Greens (Romaine, spinach, spring mix, basically the dark green varieties)
Radishes
Cucumbers
Mushrooms

Fruits

Berries (Strawberries, raspberries, blueberries...)
Apples
Grapefruit

Complex Carbohydrates

Oatmeal (old fashioned, slow cooked)
Rice Cakes (original, flax, varieties without added sugars)
Brown Rice (long grain, slow cooked)
Hummus

Proteins

Chicken breasts
Tuna (canned in water)
Fish (wild caught not farmed if possible) salmon, tuna, tilapia, cod, mahi mahi...)
Eggs (limit yolks to 2 per day. Whites are unlimited)

Healthy Fats

Nuts (almonds, pecans, peanuts, cashews...)
Nut butter (peanut, almond no sugar added)
Vegetable oils (olive, canola, safflower)
Coconut oil and milk

Condiments: Vinegar and oil based dressings low in sugar and dairy free. Spices are great as well!