

# green press

## **Foods to avoid during your cleanse**

Fried foods (chicken, fries, or anything else!)  
Pasta  
ALL Bread and white flour  
ALL Packaged foods  
ALL chemicals  
Cookies, candies, cakes, pastries Crackers  
Canola Oil  
Ketchup, mayonnaise, and other condiments  
Margarine  
Carbonated drinks  
Fruit store bought juices  
Soft drinks (coke, pepsi, sprite, etc) Alcohol,  
beer, wine  
Coffee  
Caffeinated teas  
Milk, cheese, ice cream, yoghurt  
Peanuts, pecans, cashews, walnuts  
Aspartame, NutraSweet, Equal, other artificial  
sweeteners  
Dried fruits  
Pork, beef, shellfish  
White sugar, brown sugar  
White potatoes, white rice

## **Foods you can eat during the cleanse**

Wild caught fish  
Organic eggs  
Oatmeal  
Organic chicken  
Almonds, flax seeds, hemp seeds, pumpkin or  
sunflower seeds  
Avocados  
Unlimited greens, lettuce, kale, spinach, collards etc  
Salads  
Lemon, lime  
Grilled or steamed veggies  
Quinoa, beans, lentils  
Olive oil, coconut oil, avocado oil  
Non-caffienated teas  
Fruit (Limit fruit intake because some of the juice  
has fruit in it)  
Sweet potatoe