



10-Day Healthy Eating Cleanse

For 10 days you will eat whole, unprocessed foods. By avoiding inflammatory foods, you will experience many health benefits. Eating clean will help you to:

- Kick sugar and processed foods habits and cravings
- Lower inflammation
- Reduce toxins stored in your body
- Lose weight

Food Groups to Avoid

- Wheat
- Gluten
- Dairy
- Sugar
- Coffee
- Alcohol
- Processed Foods

Before You Start

Before you start your 10-day cleanse, plan to eat at home and make sure you stock up on good fats, veggies, fruits, and protein. Below is a list of foods that are okay to eat during the 10-day cleanse. Take a look at your pantry and fridge, and put any tempting processed foods or foods not on the list out of sight. If you can, convince a few friends or other family members to join you on this 10-day cleanse. It's always nice to have support!

During the Cleanse

Make sure you drink plenty of water. Aim to drink half of your body weight in ounces. For example, a 150-pound person would drink 75 ounces of water daily. Also, make a few meals and prepare a few snacks ahead of time. That way, when you are busy, you are not tempted to grab something more convenient, and probably more inflammatory. Buy organic for these 10 days. All organic spices and herbs are okay. Limit fruit intake to 2 servings a day. The first few days are the hardest, so be prepared, lean on supportive friends, and keep yourself busy.

After the Cleanse

It is important not to jump right back into old habits once you finish your 10-day cleanse. By slowly adding groups of foods back into your diet, you will discover foods you might have an intolerance or sensitivity to. Start by adding dairy back into your diet and then monitor your body for any symptoms such as runny nose, headaches, scratchy throat, or upset stomach. After a few days with dairy added back in, add another group of foods such as grains. Continue to slowly add foods back into your diet. After this process, enjoy your new-found love of whole foods and less desire to eat highly processed, high sugar foods.

10-Day Cleanse Foods

Gluten Free Grains

- Amaranth
- Brown Rice Pasta
- Buckwheat
- Millet
- Oats (gluten free)
- Quinoa
- Rice
- Sorghum
- Teff

Gluten Free Baking Flours

- Almond flour
- Coconut flour
- Gluten free oat flour
- Cassava flour (Just Otto's brand)

Vegetables

- Arugula
- Artichokes
- Asparagus
- Avocados (really a fruit)
- Beets
- Beet greens
- Bell peppers
- Bok Choy
- Broccoli
- Brussel sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery
- Chard
- Chives
- Collard greens
- Cucumbers
- Fennel
- Garlic
- Jicama
- Leeks
- Lettuce
- Mushrooms
- Okra
- Onions
- Pumpkin
- Radishes
- Rhubarb
- Sea veggies (dulse, nori, kombu, kelp, wakame)
- Spinach
- Sprouts
- Squash
- Sweet potatoes
- Tomatoes (really a fruit)
- Turnips
- Watercress
- Yams
- Zucchini

Fruits

- Apples
- Apricots
- Bananas
- Blackberries
- Blueberries
- Cantaloupes
- Cherries
- Coconut
- Cranberries
- Currants
- Dates
- Figs
- Goji berries
- Grapefruit
- Grapes
- Guava
- Honeydew melon
- Kiwi
- Lemons
- Limes
- Mangoes
- Muskmelon
- Nectarines
- Oranges
- Papayas
- Peaches
- Pears
- Pineapples
- Plums
- Pomegranates
- Prunes
- Raisins
- Raspberries
- Strawberries
- Tangerines
- Watermelon

Animal Protein

- Chicken (organic/free range)
- Eggs (organic/free range)
- Beef (grass fed)
- Wild salmon, halibut, and cod

Dairy Free Milks (Unsweetened)

- Almond milk
- Cashew milk
- Coconut milk
- Hemp Milk
- Oat Milk

Condiments and Fats

- Apple cider vinegar
- Avocado Oil
- Balsamic Vinegar
- Cocoa powder
- Coconut flakes
- Coconut oil
- Coconut yogurt
- Extra Virgin olive oil
- Flaxseed oil
- Grass-fed butter or ghee
- Hemp oil
- Honey
- Medjool dates
- Mustard
- Red wine vinegar
- Vanilla extract