

# CLEAN

## ELIMINATION DIET POCKET GUIDE

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### FOODS TO AVOID

- ▮ **FRUITS** oranges, orange juice, grapes, grapefruit, bananas, strawberries
- ▮ **VEGETABLES** nightshades, creamed vegetables, corn, (tomatoes, goji berries, eggplant, potatoes, peppers)
- ▮ **DAIRY** mayonnaise, eggs, milk, butter, yogurt, cheese, whey protein, ghee
- ▮ **GRAINS** white rice, wheat, barley, spelt, kamut, rye, triticale, oats, farro, whole wheat, white flour products
- ▮ **OILS** shortening, processed or refined oils, canola, peanut oil
- ▮ **BEVERAGES** coffee, alcohol, soft drinks, caffeinated beverages, pasteurized juice

- ▮ **ANIMAL PROTEINS** pork, beef, cold cuts, any raw meat or fish, canned meats, shellfish
- ▮ **VEGETABLE PROTEINS** soybean products (soy milk/yogurt/cheese, soy sauce, oil, tempeh, tofu, TVP), seitan
- ▮ **NUTS & SEEDS** peanuts, peanut butter
- ▮ **SWEETENERS** white & brown refined sugars, agave, honey, maple syrup, high-fructose corn syrup, evaporated cane juice
- ▮ **CONDIMENTS** ketchup, sweetened jellies, bottled salad dressings, and all other condiments not listed below.

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### FOODS TO ENJOY

- ▮ **FRUITS** fresh or frozen whole fruit, lemon, lime, olive, fresh squeezed juice, avocado
- ▮ **VEGETABLES** all vegetables (except nightshades), sea vegetables
- ▮ **DAIRY SUBSTITUTES** unsweetened hemp, almond, coconut, or rice milk
- ▮ **NON-GLUTEN GRAINS** amaranth, teff, quinoa, millet, brown/red/black wild rice
- ▮ **OILS** cold-pressed olive, flax, sesame, safflower, almond, walnut, pumpkin seed, hazelnut, sunflower or coconut oil
- ▮ **BEVERAGES** herbal or green tea, filtered/distilled/seltzer/mineral water

- ▮ **ANIMAL PROTEINS** cold-water fish, organic lamb, duck, chicken, turkey and wild game or birds
- ▮ **VEGETABLE PROTEINS** lentils, peas, beans, blue-green algae, spirulina, bee pollen,
- ▮ **NUTS & SEEDS** all except peanut
- ▮ **SWEETENERS** coconut nectar, dried fruits, stevia, xylitol, natural or brown rice syrup
- ▮ **CONDIMENTS** all spices, balsamic/apple cider vinegar, stone ground mustard, sea salt, nama shoyu, miso, nutritional yeast, carob & raw chocolate, sea salt, wheat-free tamari

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Email [support@cleanprogram.com](mailto:support@cleanprogram.com)

Learn more about The Clean Program  
Online [www.cleanprogram.com](http://www.cleanprogram.com)

Amazing support during and after your cleanse.  
**WE'VE GOT YOUR BACK**

CUT HERE 

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## ELIMINATION DIET POCKET GUIDE

### DIRECTIONS

1. Print on an 8.5 x 11 Letter size printing paper.
2. Fold along the "FOLD HERE" guides.
3. Cut along the "CUT HERE" dashed line guides.

