

Purification Diet

Vegetables

Whenever possible, eat only fresh (or frozen) organic vegetables and fruits . Strive to avoid or limit dried or canned ingredients; if you must use them, organic and bisphenol A (BPA)-free are preferred .

You can eat an unlimited amount of vegetables from the list below unless you are allergic to it.

Your vegetable intake should be twice the amount of fruit intake .

- **Average serving size** = ½ cup
- Fresh juices made from vegetables allowed
- Can steam or stir-fry most vegetables for 4 minutes over low heat, but best to consume half total vegetable amount raw
- Fresh herbs and spices optional

<ul style="list-style-type: none"> ● Artichokes ● Arugula ● Asparagus ● Bamboo shoots ● Bean sprouts and any type of sprouts ● Beets and beet greens ● Belgian endive ● Bell peppers, any variety ● Black radishes ● Bok choy ● Broccoli ● Brussels sprouts ● Cabbages ● Carrots ● Cauliflowers ● Celery 	<ul style="list-style-type: none"> ● Chicory/radicchio ● Chives ● Collard greens ● Cucumbers ● Eggplants ● Dandelion greens ● Endive/escarole ● Fennel ● Hearts of palm ● Jalapeño peppers ● Kale ● Kohlrabies ● Leeks ● Lettuce, any variety ● Mushrooms ● Mustard greens ● Okra ● Onions 	<ul style="list-style-type: none"> ● Oyster plants ● Parsnips ● Pearl onions ● Pumpkins ● Radishes ● Rutabagas ● Shallots ● Spinach ● Squash, any variety ● Sweet potatoes ● Swiss chard ● Tomatoes ● Turnips and turnip greens ● ● Wasabi roots ● Water chestnuts ● Watercress ● Yucca roots ● Zucchini
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These vegetables are recommended because of their high nutritive value and their capacity to support purification. Other vegetables can be consumed in moderation, however **do not consume corn or white potatoes.**

Fruit

These fruits are just a sampling . Keep in mind that you should eat twice as many servings of vegetables as fruits .

- Average serving size = ½ to ¾ cup

<ul style="list-style-type: none">● Apples● Apricots● Avocados● Bananas● Blackberries● Blueberries● Boysenberries● Cherimoyas (custard apples)● Cherries● Clementines 🍌● Coconuts● Cranberries, any variety● Dates	<ul style="list-style-type: none">● Elderberries 🍌● Figs● Gooseberries● Grapes, any variety● Guavas 🍌● Huckleberries 🍌● Kiwi fruit● Kumquats● Lemons● Limes● Lychees● Olives	<ul style="list-style-type: none">● Oranges● Papayas 🍌● Passion fruit● Pears, any variety● Plums● Pomegranates 🍌● Raspberries● Red currants● Rhubarb● Sapodillas 🍌● Strawberries● Tangerines
<p>🍌 Fresh fruit is a healthy and nutritious food with many vitamins, minerals, phytochemicals and fiber. Typically, the recommendation to eat fresh fruit as your appetite dictates holds true for many people. If you are above your ideal weight, eliminating higher-sugar fruits may be necessary. It is best to try to use vegetables instead of high-sugar fruits. Also be aware that for some people, fructose consumption may be a problem. Fruits that have a high fructose-to-glucose ratio should ideally be avoided. For these individuals, fruits with the 🍌 by them should be avoided or minimized.</p>		

Legumes and Pseudo-Grains

Average serving size = ½ cup cooked (measure carefully)

- Servings: 1-2 per day
- Use organic when possible

<ul style="list-style-type: none">● Black beans● Black-eyed peas● Chickpeas● Fava beans● Green beans	<ul style="list-style-type: none">● Kidney beans● Lentils● Lima beans● Peas● Pinto beans	<ul style="list-style-type: none">● Gluten-Free● Quinoa● Brown rice
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Oils and Fats

- Average serving size = 1 teaspoon
- Servings: 4-7 teaspoons per day
- Should be cold pressed and unprocessed
- Use organic, high-quality oils when possible

<ul style="list-style-type: none">● Avocado oil● Butter: organic, grass fed, unsalted● Coconut oil: organic, unrefined, raw● Flaxseed oil● Ghee (clarified butter)	<ul style="list-style-type: none">● Grape seed oil● Olive oil: extra virgin● Pumpkin seed butter● Sesame seed oil● Tahini (ground sesame seed)
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Fish & Meat

- Fish: deep-sea (e .g ., salmon, cod, or sea bass), not farm raised
- Lean red meats(e .g . grass-fed beef or venison)
- Poultry (organic, free-range)
- Wild game, any variety

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Broths , ready-made, organic <ul style="list-style-type: none">● Beef● Chicken● Vegetable Flour <ul style="list-style-type: none">● Coconut Flour, Avoid Wheat flour, Potate starch, Corn flour Dairy-Free Milk <ul style="list-style-type: none">● Coconut milk: unsweetened ●Hemp milk: unsweetened Miscellaneous <ul style="list-style-type: none">● Baking powder● Baking soda● Coconut butter● Coconut cream● Coconut water● Curry paste● Mustard, Dijon● Nutritional yeast● Seaweeds such as arame, nori, or kelp● Vanilla extract	Spices <ul style="list-style-type: none">● Basil● Bay leaves● Cardamom● Cayenne● Chili powder● Chives● Cilantro (fresh coriander)● Cinnamon● Cloves● Cumin● Dill● Garam masala● Garlic● Ginger● Lemon grass● Mint● Mustard● Nutmeg● Oregano● Paprika● Parsley● Pepper, black● Rosemary● Sage● Sea salt● Tarragon● Thyme● Turmeric Sugars and Sweeteners <ul style="list-style-type: none">● Bananas● Dates● Monk fruit● Whole-leaf stevia, powder or liquid	Vinegars <ul style="list-style-type: none">● Apple cider vinegar● Balsamic vinegar● Red wine vinegar● White wine vinegar Egg <ul style="list-style-type: none">● Oragnic free-range Nuts & Seed , Organic, Raw, unsalted <ul style="list-style-type: none">● Macadamia● Walnuts● Pecan● Walnut● Macadamia● Brazil nuts● Tiger nuts● Brazil nuts● Armond Raw Seeds <ul style="list-style-type: none">● Chia seeds● Flaxseeds● Hemp seeds● Poppy seeds● Pumpkin seeds● Sesame seeds● Sunflower seeds● Black Sesame Seed
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