

Be Well Cleanse Diet



BE WELL

| | Foods to Embrace | Foods to Avoid |
|------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------|
| Vegetables | Variety of vegetables - leafy greens, sea vegetables, fermented vegetables. Ideally local and/or organic. Limited amounts of starchy vegetables - squash, sweet potato, root veggies. | Corn, Nightshade veggies - tomato, potato, eggplant, peppers. Canned vegetables. Corn. GMO vegetables. |
| Fruits | Low sugar fruits - berries, green apple, papaya, grapefruit. | Tropical fruits - mango, pineapple, banana. High sugar fruits - watermelon, cherries, grapes, figs. Fruit juice. Dried fruit. |
| Animal Proteins | Organic, pasture raised and/or grass fed beef, poultry and other meats. Wild game, organ meats, tallow. Collagen powder. | Eggs. Corn-fed, factory farmed meats. Processed meats - cold cuts, sausage, hot dogs. |
| Seafood | Wild caught fish, seafood and shellfish. | Farmed fish. Large fish such as tuna and swordfish |
| Grains | Eliminate completely. Vegetarians may have limited amounts of gluten free grains - quinoa, white, brown and wild rice, millet, buckwheat, amaranth. | All gluten and grain containing grains, flours and foods - wheat, barley, rye, quinoa, millet, rice. Corn and cornmeal. Gluten free flours and products. |
| Beans, Lentils, and Legumes | Eliminate completely. Vegetarians may have limited amounts of beans, lentils and legumes. | All beans, lentils and legumes. Soy beans and soy products. |
| Nuts and Seeds | Raw or dry roasted nuts and seeds. Unsweetened nut and seed milks | Peanuts. |
| Dairy | Grass fed butter and ghee. | Cows, sheep and goats milk products. Cheese, yogurt, cream cheese, cottage cheese, non dairy creamers, powdered milk. |
| Sweeteners | Small amounts of stevia | Refined sugars, added sugars, artificial and natural sweeteners. Honey, agave, maple syrup. |
| Beverages | Water, herbal tea, seltzer, sparkling water, vegetable-only juices. Coffee in moderation. Bone broth | Soda, sweetened drinks, fruit juice, energy drinks. Alcohol. |
| Fats and Oils | Good quality oils - olive, coconut, avocado. Grass fed butter and ghee. Lard, tallow. Cold pressed seed oils - hemp, flax, chia. Coconut butter. Olives. Avocado. Coconut products. | Processed seed and vegetable oil - canola, sunflower, safflower, grape seed, corn, soy, |
| Other | Raw cacao. Herbs and spices. Cleanse-approved sauces, dressings and condiments. (Coconut Aminos, grain mustard, etc.) | Sauces, dressings and condiments containing any of the above. Energy bars. (soy sauce, ketchup, mayonnaise, bbq sauce, etc.) |
| Additional Notes | | |