

### **VEGETABLES**

- Asparagus
- Avocados
- Beets
- Bell peppers
- Broccoli
- Brussels sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery
- Collard greens
- Cucumbers
- Eggplant
- Fennel
- Garlic
- Green beans
- Green peas
- Kale
- Leeks
- Mustard greens
- Olives
- Onions
- Potatoes
- Romaine lettuce
- Sea vegetables
- Spinach
- Squash, summer
- Squash, winter
- Sweet potatoes
- Swiss chard
- Tomatoes
- Turnip greens
- Yams

### **FRUITS**

- Apples
- Apricots
- Bananas
- Blueberries
- Cantaloupe
- Cranberries
- Figs
- Grapefruit
- Grapes/Raisins
- Kiwifruit
- Lemons/Limes
- Oranges
- Papaya
- Pears
- Pineapple
- Plums
- Pomegranate
- Prunes
- Raspberries
- Strawberries
- Watermelon

### **NUTS & SEEDS**

- Almonds
- Cashews
- Filberts
- Flaxseeds
- Olive oil, extra virgin
- Pumpkin seeds
- Sesame seeds
- Walnuts

### **GRAINS**

- Barley
- Brown rice
- Buckwheat
- Corn
- Millet
- Oats
- Quinoa
- Rye
- Spelt
- Whole wheat

### **BEANS & LEGUMES**

- Black beans
- Dried beans
- Garbanzo beans (chick peas)
- Kidney beans
- Lentils
- Lima beans
- Miso
- Navy beans
- Pinto beans
- Tempeh

### **ANIMAL PROTEINS**

- Cheese
- Eggs
- Milk, raw goat
- Yogurt
- Chicken
- Turkey
- Venison

### **SEAFOOD**

- Cod
- Halibut
- Salmon

### **SPICES & HERBS**

- Basil
- Cayenne pepper
- Cilantro/Coriander seeds
- Cinnamon, ground
- Cloves
- Cumin seeds
- Dill
- Ginger
- Mustard seeds
- Oregano
- Parsley
- Peppermint
- Rosemary
- Sage
- Thyme
- Tumeric

### **Natural Sweeteners**

- Blackstrap molasses
- Honey, Raw
- Pure maple syrup

All foods should be non-GMO local, and organic whenever possible. The more RAW, LIVE, food we eat, the more vibrant & cleansed, we will feel.

[www.LifeCleanse.ca](http://www.LifeCleanse.ca)  
125 Nutritious Foods

