

Good Food List Inside!

- All processed and factory-made foods
 - Chemicals, preservatives, additives
 - Artificial sweeteners
 - High Fructose corn syrup (HFCS)
 - Hydrogenated fats
 - MSG: anything with the word "glutamate" in it, gelatin, hydrolyzed vegetable protein (HVP), textured protein, hydrolyzed plant protein (HPP), yeast extract, glutamate, autolyzed plant protein, yeast food or nutrient, glutamic acid, autolyzed yeast, vegetable protein extract, anything "hydrolyzed", protease, anything "enzyme modified", anything containing "enzymes", umami, carrageenan, bouillon and broth, stock, any "flavors" or "flavoring", maltodextrin, barley malt, malt extract, natural seasonings
- **Dairy**
 - Milk, yogurt, cheese, butter, cream
 - Casein (found in non-dairy products)
 - **Beans or Legumes**
 - Beans, lentils, split peas, etc.
 - **Refined Oils**
 - All refined and processed vegetable oils
 - E.g. corn oil, soybean oil, canola oil, sunflower oil
- **Processed Foods**

No Caffeine & Alcohol!

YOU CAN
DO IT!

Spring Clean

Your Diet



GET YOUR

DETOX ON!

A 10 day Detox Mini Guide!

- **Sugary/Sweet Foods**
 - Sugar, agave, honey, molasses, etc
 - Liquid sugars like: Soda, Sport drinks, energy drinks, fruit drinks, and sweetened Teas/coffee, etc.
 - Fruit Juice
 - High Fructose corn syrup (HFCS)
 - Food containing sugars
 - Artificial sweeteners & sugar substitutes
- **Gluten**
 - Found in wheat, rye, barley, spelt, kamut, triticale, and oats
- **All Grains**
 - Including gluten-free grains and snacks, even gluten-free ones
 - breads, bagels, flours, pastas, cereals,