

# 7-Day Healthy Cleanse Shopping List

## Here are some tips to ensure your success.

For best results, follow the program. The clinical study shows that sticking to the plan provides results.\*†  
When you're ready, commit and do the best you can. You'll feel great!!

### Focus more on veggies

They are generally higher in fiber and nutritional value. For your daily intake, aim for 2/3 veggies and 1/3 fruit.

### Select fresh fruits & vegetables

But if you don't have a great variety of fresh choices available to you, frozen fruits and vegetables or low-sodium canned vegetables are acceptable alternatives.

### Variety is the key

You can eat your vegetables raw, steamed, or sautéed with a little olive oil. Steaming or sautéing can help release many phytonutrients, especially fat-soluble ones such as lutein and lycopene. **Please do not boil vegetables.**

### VEGETABLES:

- |  |   |
|--|---|
| <input type="checkbox"/> Artichoke   | <input type="checkbox"/> Kale   |
| <input type="checkbox"/> Asparagus   | <input type="checkbox"/> Lettuce (all varieties)                      |
| <input type="checkbox"/> Bell Peppers (all colors)                         | <input type="checkbox"/> Leeks  |
| <input type="checkbox"/> Beets   | <input type="checkbox"/> Mushrooms                                    |
| <input type="checkbox"/> Bok Choy  | <input type="checkbox"/> Onions (Scallions, Chives, Garlic, Shallots) |
| <input type="checkbox"/> Broccoli, Broccoflower, Broccolini, Broccoli Rabe | <input type="checkbox"/> Parsnips                                     |
| <input type="checkbox"/> Brussels Sprouts                                  | <input type="checkbox"/> Peas   |
| <input type="checkbox"/> Cabbage (red or green)                            | <input type="checkbox"/> Pea Pods                                     |
| <input type="checkbox"/> Carrots   | <input type="checkbox"/> Radicchio                                    |
| <input type="checkbox"/> Cauliflower                                       | <input type="checkbox"/> Radishes                                     |
| <input type="checkbox"/> Celery  | <input type="checkbox"/> Spinach                                      |
| <input type="checkbox"/> Celery Root                                       | <input type="checkbox"/> Sprouts                                      |
| <input type="checkbox"/> Collard Greens                                    | <input type="checkbox"/> Summer Squash                                |
| <input type="checkbox"/> Cucumber  | <input type="checkbox"/> Sunchokes                                    |
| <input type="checkbox"/> Eggplant  | <input type="checkbox"/> Swiss Chard                                  |
| <input type="checkbox"/> Fennel Bulb                                       | <input type="checkbox"/> Watercress                                   |
| <input type="checkbox"/> Garlic (in moderation)                            | <input type="checkbox"/> Winter Squash (Butternut, Acorn, etc.)       |
| <input type="checkbox"/> Green Beans                                       | <input type="checkbox"/> Zucchini                                     |
| <input type="checkbox"/> Jicama  |   |

### Enjoy 1 serving a day of the following:

- |  |   |
|--|---|
| <input type="checkbox"/> Avocado (limit to 1/2 to 1 per day) | <input type="checkbox"/> Sweet Potatoes |
| <input type="checkbox"/> Rutabagas                           | <input type="checkbox"/> Turnips        |
|  | <input type="checkbox"/> Yams           |

### FRUITS:

- |   |                                       |
|---|---------------------------------------|
| <input type="checkbox"/> Apples   | <input type="checkbox"/> Lemons       |
| <input type="checkbox"/> Apricots   | <input type="checkbox"/> Limes        |
| <input type="checkbox"/> Berries (Blueberries, Raspberries, Blackberries, Strawberries) | <input type="checkbox"/> Nectarines   |
| <input type="checkbox"/> Cantaloupe   | <input type="checkbox"/> Papayas      |
| <input type="checkbox"/> Grapefruit   | <input type="checkbox"/> Passionfruit |
| <input type="checkbox"/> Honeydew Melon   | <input type="checkbox"/> Peaches      |
| <input type="checkbox"/> Kiwifruit  | <input type="checkbox"/> Plums        |
|   | <input type="checkbox"/> Pluots       |
|   | <input type="checkbox"/> Tomatoes     |

Limit higher-sugar fruits like bananas, cherries, pineapple, oranges, and watermelon



### BEVERAGES:

- |   |   |
|---|---|
| <input type="checkbox"/> Decaffeinated green or herbal teas | <input type="checkbox"/> Fresh vegetable juices (although best to eat whole vegetables and fruit) |
| <input type="checkbox"/> Filtered water                     |   |

### BEVERAGES TO AVOID:

- |  |   |
|--|---|
| <input type="checkbox"/> Soda              | <input type="checkbox"/> Energy drinks  |
| <input type="checkbox"/> Alcohol           | <input type="checkbox"/> Caffeinated beverages (if heavy caffeine user, aim to cut caffeine in half during Cleanse) |
| <input type="checkbox"/> Fruit juices      |   |
| <input type="checkbox"/> Milk alternatives |   |

### FATS:

- ☐ Extra Virgin Olive Oil or Avocado Oil, avoid Coconut Oil (1–2 tablespoons per day for salad dressing or sautéing.)

### CONDIMENTS:

- |   |   |
|---|---|
| <input type="checkbox"/> All herbs and spices—fresh and dried (Parsley, Ginger) | <input type="checkbox"/> Mustard                          |
| <input type="checkbox"/> Pepper   | <input type="checkbox"/> Salsa—great as a dip for veggies |
|   | <input type="checkbox"/> Vinegar—limit balsamic           |



**You can do it! We're rooting for you!**

For tips and healthy inspiration, join the Official Shaklee 7-Day Healthy Cleanse Facebook® Group. New groups start every Monday.

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