



# BE WELL

by DR. FRANK LIPMAN

CLEANSE

SHOPPING LIST

## Cleanse Shopping List

### Fruits

Apples	Guava	Peaches
Apricots	Honeydew Melons	Pears
Blackberries	Kiwi	Persimmons
Blueberries	Lemons	Pineapples
Cantaloupe	Limes	Pomegranates
Cherries	Mangoes	Raspberries
Coconut	Melons	Watermelon
Cranberries	Nectarines	
Figs	Papayas	

### Vegetables

Artichoke	Collard Greens	Onions
Arugula	Cucumber	Parsnips
Asparagus	Dandelion Greens	Pumpkin
Avocado	Endive	Purslane
Baby Greens	Escarole	Radishes
Bamboo Shoots	Fennel	Red Leaf Chicory
Beets	Green Beans	Rutabaga
Bok Choy	Green Peas	Seaweed
Broccoli	Jerusalem Artichokes	Snow Peas
Broccoli Rabe	Jicama	Spinach
Brussel Sprouts	Kale	Sprouts
Cabbage	Kohlrabi	Squash (summer & winter)
Carrots	Leeks	Sweet Potato
Cauliflower	Lettuce	Swiss Chard
Celery	Mushrooms	Turnips
Chicory	Mustard Greens	Watercress
Chinese Cabbage	Okra	Yams
Chives	Olives	Zucchini

### Animal Protein | free range, organic

Chicken	Lamb	Wild Game
Duck	Turkey	

### Fish

Anchovies	Sardines (fresh & canned)	Wild Salmon (fresh & canned)
Trout	Black Cod (sablefish)	
Herring	Wild Fish (low mercury)	

### Non-Gluten Grains

Amaranth	Quinoa	Teff
Buckwheat	Brown Rice	Brown Rice Pasta
Millet	Wild Rice	

*Shopping list continues on next page*

### Beans & Pulses

Beans (all types)

Lentils: Brown, Green, Red

Split Peas

### Nuts & Seeds

Almonds  
Brazil Nuts  
Cashews  
Chestnuts  
Chia seeds  
Flax seeds

Hazelnuts  
Hemp Seeds  
Pecans  
Pine Nuts  
Pistachio Nuts  
Poppy Seeds

Pumpkin Seeds  
Sesame Seeds  
Tahini (sesame paste)  
Sunflower Seeds  
Walnuts

### Dairy Substitutes

Almond Milk  
Coconut Milk

Hemp Milk

Rice Milk

### Sweeteners I use sparingly

Stevia  
Xylitol

Raw Honey  
Black Strap Molasses

100% Maple Syrup  
100% Palm Sugar

### Beverages

Herbal Tea (non-caffeinated)  
Green Tea

Coconut Water  
Sparkling Water

Spring Water

### Oils

Extra Virgin Olive Oil  
Flax Seed Oil

Coconut Oil  
Sesame Oil

Walnut Oil

### Vinegars

Apple Cider Vinegar  
Balsamic Vinegar

Red Wine Vinegar  
Rice Vinegar

White Wine Vinegar

### Herbs, Spices & Condiments

Anise  
Basil  
Bay Leaf  
Cayenne  
Caraway Seeds  
Cardamom  
Celery Seed  
Cinnamon  
Coriander  
Cumin  
Dill

Dry Mustard  
Fennel  
Garlic  
Ginger  
Marjoram  
Mint  
Mustard  
Nutritional yeast  
Nutmeg  
Oregano  
Paprika

Parsley  
Parsley  
Red Pepper Flakes  
Rosemary  
Saffron  
Sage  
Sea Salt  
Tarragon  
Thyme  
Turmeric  
Vanilla Extract

### Other

Cocoa Nibs

Unsweetened Cocoa Powder