

FOODS TO ENJOY WHILE CLEANSING

Adapted from “*Eat to Live: Isagenix Healthy Family Recipes Vol. I*”
Available from your Isagenix Cleanse Coach

There are plenty of foods you can enjoy on your 9-day or 30-day cleanse. In addition to what’s recommended in the program guide that comes with your cleanse system below are a few more suggestions.

We want to stress the importance of using fresh, organic whole grains, meats and produce whenever possible. Vitality in your food creates vitality in your body.

ON SHAKE DAYS...

Apples	Pears
Asparagus	Peppers (green, red, yellow, orange)
Avocado	Pork
Beef (in moderation)	Potato
Berries (blueberries, cranberries, strawberries, raspberries)	Radish
Broccoli	Raw almonds, walnuts, pecans
Cauliflower	Rice, brown
Chicken (preferably organic with skin removed)	Chia seed
Cooking oils, non-hydrogenated (coconut, olive, sesame, macadamia nut)	Sea vegetables (kelp, kombu, hijiki, nori)
Cucumber	Sprouted breads or 100% whole grain bread
Dark, leafy greens (spinach, chard, kale)	Sprouts
Eggs	Squash
Fish (various coldwater fish)	Sweet potatoes
Herbal teas (i.e. green tea)	Tomatoes
Lentils	Turkey
Lettuce (all varieties)	Whole grains (including brown rice and quinoa)
Mushrooms	Zucchini
Pasta (whole wheat)	(Note: This is not an exhaustive list. Other sensible food choices not seen here may also be included.)

Be creative! Use lemon, garlic, onion, etc. to zip up your taste buds!

ON CLEANSE DAYS...

Do your best to stick to having *only* the Isagenix Snacks (6-12) spread throughout the day. If you have the IsaDelight chocolates then you may also have between 2-6 of these as needed (ask your Cleanse Coach for more details). However, if you are susceptible to having low blood sugar, experience constipation or are feeling really physically hungry below is a short list of foods you may have. Keep these listed foods to a bare minimum on Cleanse Days for best results BUT respect your body’s needs and feed your self when needed. This is NOT a fast, but a lifestyle approach to nutritional cleansing. Just keep any food beyond the Isagenix Snacks to only what’s required to feel satisfied; experiencing a little bit of mild hunger that’s manageable is fine. If you eat too much, you will disrupt the cleansing process and not get the results you are hoping for. If food in addition to the Isagenix snacks is needed on Cleanse Days then choose from the following:

- 1 Apple/Pear OR 4-6 Strawberries OR ¼ cup Blueberries/Grapes combined with 6-10 almonds or walnuts
- Raw vegetables or a small salad (with minimal oil-vinaigrette dressing)
- Celery with a little bit of raw almond butter or natural peanut butter

Note: These are the foods to have if you feel very hungry, are susceptible to blood sugar imbalances or experience constipation when cleansing. Please contact your cleanse coach if you have questions.

FOODS TO AVOID WHILE CLEANSING

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There are certain foods we recommend that you avoid on your 9-day or 30-day cleanse. We encourage you to avoid processed foods, fast food and anything laden with chemicals and preservatives.

FOR THE WHOLE PROGRAM...

Alcohol	Fast food
Artificial colourings	Fruit juice
Artificial flavourings	Instant, packaged foods
Artificial sweeteners	Margarine
Bacon	Preservatives
Caffeinated beverages* (including coffee, non-herbal tea, soda)	Processed food
Chips	Refined carbohydrates
Cold cuts	Salt
Cooking oils (canola, safflower, sunflower, corn, peanut)	Shortening
Dairy products	Soy
Deep-fried foods	Sugar (including brown, powdered and confectioner’s)
Enriched foods	White flour
Enriched pasta	White rice

* Caffeine will adversely affect cleansing results. Coffee specifically contains extremely high amounts of pesticides, herbicides and even DDT. Even “de-caffeinated” contains these chemicals PLUS the chemicals to “de” caffeinate it. You may drink herbal teas like green tea.

Remember: First and foremost, this is a CLEANSING program. The elimination of impurities and degree of fat loss will be reflective of the chemicals you limit into your body. Please look at all of your exposures to toxins. If you want to really impact You and Your Family, talk to us about Skin Care, Household Cleaning, and how you Cook your food. Exposure to chemicals and cleansing is NOT just about FAT LOSS!



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