

Clean Eating

Clean Eating simply means you are basing your diet on whole, natural foods and avoiding processed, refined and artificial foods.

When we eat this way, we are better nourished and less likely to develop disease, plus we provide what the body needs to detoxify, heal and find balance.

Clean Eating is good for everyone! It is a foundation from which you can add on other dietary objectives or goals because the EMPHASIS IS NOT ON SPECIFIC FOODS but on FOOD QUALITY:

1. Natural: Organic and Whole
2. Fresh: Local and Seasonal
3. Raw and Cooked and Sprouted and Fermented
4. Delicious and Satisfying ☺
5. Balanced/Variety of :
 - Foods* – veggies, fruit, nuts, seeds, sprouts, whole grains, legumes, animal products
 - Colours*: red, orange, yellow, green, purple/blue, white
 - Flavours*: sweet, sour, salty, bitter, astringent, pungent
 - Consistencies, Textures and Shapes!*

Some Clean Eating Recommendations

Drinks: pure water, fresh veggie/fruit juices, herbal teas, meat or vegetable broths, nut milks, rice milk, natural coffee substitutes, *water kefir, milk kefir, kombucha, kvass.*

Dairy: Organic, raw, not homogenized if possible, *yogurt, kefir, cheeses, butter.*

Fruit: Berries, fresh fruit (seasonal, ripened naturally), choose fruit with seeds when possible.

Grains: Ancient whole wheats like spelt, kamut, or emmer; and oats, rye, and barley. GF grains like brown rice, quinoa, millet, buckwheat, or amaranth. Sprouted or *sourdough products!* Limit baked goods, regardless of grain.

Legumes: All kinds, dried rather than canned. Chick peas, pinto and kidney beans, lentils, split peas, etc. Use in soups and dips. Limited tofu and tempeh if no sensitivities to soy.

Nuts and Seeds: Raw and soaked is best. Roasted is good too! Avoid pre-ground seed meals.

Oils and fats: cold pressed oils like olive, hemp, flax, sesame, sunflower, coconut. For frying, use clarified butter (ghee) or coconut oil. Avoid most other oils, especially margarine and spreads.



Spices/Condiments: Sea salt, fresh ground pepper, organic herbs. Garlic, ginger, onions, shallots, leeks! *Fermented sauces* (catsup, mustard, mayo, fish). *Fermented foods* (try grated, chopped)

Sweeteners: Limited amounts of maple syrup, raw honey, unsulfured molasses, coconut sugar, granulated sugar cane juice (sukanat), stevia.

Vegetables: All in unlimited amounts, raw, in salads, lightly steamed, soups. Avoid GMO foods!

Regular Cleansing

It is easy to transform this way of eating into a cleanse. Follow the above recommendations and for one to seven days you can also:

- Eliminate animal products, gluten and flour products.
- Avoid foods you think you are sensitive to (When in doubt, take it out)
- Drop coffee, caffeinated teas, alcohol, tobacco, and sweets (even dried fruit).
- Stop vitamin or mineral supplements.
- Drink fresh juice daily (below) and sip at water throughout the day
- Drink the Master Cleanser each morning (below)
- Avoid eating after 8pm or at least two hours prior to bedtime.
- Though not dietary – remember to meditate AM & PM, exercise daily, and sweat daily

Generally, we want to choose less congesting and potentially toxic foods when detoxifying:

Most congesting

Drugs, allergenic foods, organ meats, hydrogenated fats, fried foods, refined flours, meats, baked goods, sugar, milk, eggs.

Moderate

Nuts, seeds, legumes, starchy vegetables.

Least congesting

Fruit, vegetables, greens, sprouts, herbs, water.

BASIC GREEN JUICE

50% greens: cucumber, celery, sprouts, kale, spinach, "weeds", parsley, cabbage, lettuce, wheatgrass
25% other veggies: carrots, beets, tomatoes, roots
25% fruit: apple, lemon, orange, pear, pineapple
Can also add ginger, garlic, herbs.

THE MASTER CLEANSER

2 Tbs lemon juice
Pinch cayenne pepper
1 to 2 Tbs maple syrup
8 oz pure hot water

