

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:

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

Enjoy 1 serving a day of the following:

- Avocado (limit to 1/2 to 1 per day)
- Rutabagas
- Sweet Potatoes
- Turnips
- Yams

FRUITS:

- Apples
- Apricots
- Berries (Blueberries, Raspberries, Blackberries, Strawberries)
- Cantaloupe
- Grapefruit
- Honeydew Melon
- Kiwifruit
- Lemons
- Limes
- Nectarines
- Papayas
- Passionfruit
- Peaches
- Plums
- Pluots
- Tomatoes

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



BEVERAGES:

- Decaffeinated green or herbal teas
- Filtered water
- Fresh vegetable juices (although best to eat whole vegetables and fruit)

BEVERAGES TO AVOID:

- Soda
- Alcohol
- Fruit juices
- Milk alternatives
- Energy drinks
- Caffeinated beverages (if heavy caffeine user, aim to cut caffeine in half during Cleanse)

FATS:

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

CONDIMENTS:

- All herbs and spices—fresh and dried (Parsley, Ginger)
- Pepper
- Mustard
- Salsa—great as a dip for veggies
- 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.

Shaklee®

†Preliminary Study Results showed an average weight loss of 6.8 pounds and 1.62 inches, plus increased focus, energy, and improved sleep quality. Based on a 7-day pilot study conducted by three Shaklee Distributors—a medical doctor and two nutritionists—under the supervision of Shaklee Medical Affairs.
‡When plan is followed as directed over a 7-day period. All trademarks are the property of their respective owners.

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.