

# Yinstill Dietary Cleanse Guidelines

Food to Include	Food to Avoid
<p><b>Fruit</b> strawberries, citrus (except grapefruit), pineapple, apples, apricot, avocado, banana, blueberries, cherries, grapes, kiwi, mango, melons, nectarine, papaya, pear, peach, plums, prunes, raspberries, etc. fresh is best, or you can have unsweetened — dried, frozen, or canned fruit, and limited unsweetened fruit juices</p>	<p><b>Fruit</b> grapefruit (grapefruit can alter detoxification enzyme function for up to 72 hours), sweetened fruits (either in cans or frozen) and sweetened fruit juice</p>
<p><b>Veggies</b> arugula, asparagus, artichokes, bean sprouts, bell peppers, bok choy, broccoli, brussels sprouts, cauliflower, celery, cucumber, cabbage, eggplant, endive, escarole, all types of greens and lettuce, green beans, jicama, mushrooms, okra, green peas, radishes, spinach, squash (summer and winter), sweet potatoes, taro, turnips, yams, zucchini, etc. all fresh raw, steamed, grilled, sauteed, roasted, or juiced</p>	<p><b>Veggies</b> corn, tomato, tomato sauce, and any creamed vegetables</p>
<p><b>Starch (Breads &amp; Cereals)</b> rice (white, brown, sushi, wild), potatoes, oats (gluten-free), quinoa (a surprisingly tasty grain, somewhat bland on its own, but served with a sauce or gravy — delicious), millet, tapioca, amaranth, buckwheat</p>	<p><b>Starch (Breads &amp; Cereals)</b> corn, plus all gluten containing products including wheat, spelt, kamut, barley, rye corn, plus all gluten containing products including wheat, spelt, kamut, barley, rye</p>
<p><b>Legumes</b> all legumes including peas and lentils (except soybeans)</p>	<p><b>Legumes</b> soybeans, tofu, tempeh, soy milk, soy sauce, or any product containing soy</p>
<p><b>Nuts and Seeds</b> all nuts except peanuts – almonds, cashews, macadamia, walnuts, pumpkin seeds, brazil nuts, sunflower seeds, etc., — whole or as a nut butter</p>	<p><b>Nuts &amp; Seeds</b> peanuts, peanut butter, and peanut oil</p>
<p><b>Meat and Fish</b> all fresh or frozen fish (except shellfish) such as salmon, halibut, sole, mahi mahi, cod, snapper, etc., (wild is better than farm raised fish) — chicken, turkey, lamb and wild game (venison, buffalo, elk, etc.), — organic, hormone-free is always best</p>	<p><b>Meats &amp; Fish</b> tuna and swordfish, shellfish, beef, pork, cold cuts, hot dogs, sausage, and canned meats</p>
<p><b>Dairy products &amp; substitutes</b> milk substitutes such as rice milk, oat milk, almond or other nut milk, and egg substitutes</p>	<p><b>Dairy products &amp; substitutes</b> milk, cheese, cottage cheese, cream, butter, yogurt, ice cream, non-dairy creamers, soy milk, and eggs</p>
<p><b>Fats</b> cold pressed oils such as olive oil, flaxseed, canola, safflower, sunflower, sesame, walnut, hazelnut or pumpkin seed</p>	<p><b>Fats</b> margarine, butter, shortening, any processed or hydrogenated oils, peanut oil, mayonnaise</p>
<p><b>Beverages</b> filtered or distilled water, decaffeinated tea, decaffeinated green tea, herbal tea, pure fruit juices, kombucha, or mineral water</p>	<p><b>Beverages</b> sodas and soft drinks (including sugar-free), alcoholic beverages, coffee, tea, or any other caffeinated beverages, sweetened fruit juice</p>
<p><b>Sweeteners</b> brown rice syrup (gluten-free), chicory syrup, stevia, blackstrap molasses, fruit sweeteners such as LoHan fruit, pure maple syrup, agave nectar, yacon syrup</p>	<p><b>Sweeteners</b> white or brown sugar, high fructose corn syrup, honey, corn syrup</p>
<p><b>Spices and condiments</b> vinegars (except grain source), wasabi, mustard, horseradish, pesto (cheese free) and all spices</p>	<p><b>Spices &amp; Condiments</b> chocolate, ketchup, relish, soy sauce, BBQ sauce, chutney</p>