

ParaGone

Diet Suggestions / Foods to Enjoy

- 8 to 10 glasses of purified water per day
- Fresh vegetables
- Green vegetable juices (try adding a Granny Smith apple to the juice for flavor)
- All fish except shell fish
- Free range or organic chicken and turkey, eggs
- Lemons, limes, fresh cranberries, Granny Smith apples
- Well-cooked grains: brown or wild rice, millet, buckwheat, amaranth, quinoa, spelt, teff
- Pasta made from any of the above recommended grains
- Beans and lentils
- Raw fermented foods
- Essential fatty acids like flax oil and olive oil
- Plain unsweetened yogurt
- Unsweetened soy, rice or almond milk
- Raw almonds and seeds, raw almond butter
- Herbal teas like chamomile or peppermint
- Stevia or SweetLife

Foods to Generally Avoid while Cleansing

- Sugar intake: sucrose, fructose, maltose, lactose, glucose, mannitol, sorbitol, galactose, maple syrup, brown, raw and date sugar, honey and artificial sweeteners
- Wheat and yeast
- Alcohol, soda, coffee, ciders
- Condiments, sauces and vinegar products (mayonnaise, catsup, MSG, pickles)
- Dried or candied fruits such as raisins or dates
- Processed fermented foods such as soy sauce
- Fruit juices
- Fruits, except those listed above
- Dairy and cheese
- Mushrooms
- Peanuts

