



21 DAY MODEL CLEANSE Shopping List & Tips

Protein	
1 2 3 4	Smooth Vitality* (added to smoothie or as a meal replacement)
1 2 3 4	Hemp Powder
1 4	Organic Chicken (lunch)
1 4	Cold Water Wild Fish (lunch)
1 4	Fresh Organic Tofu
1 2 3 4	Chickpeas (3 puréed)
1 2 3 4	Kidney Beans (3 puréed)
1 2 3 4	Pinto Beans (3 puréed)
1 2 3 4	Black Beans (3 puréed)
1 2 4	Nut Butters (almond, etc.)
1 2 4	Water Soaked Almonds (soak overnight in refrigerator)

Spices & Herbs	
1 2 3 4	Pink Himalayan or unrefined Sea Salt
	Parsley
	Garlic
	Cayenne (blood circulation)
	Ginger (digestion)
	Chili Powder
	Cumin
	Black Pepper
	Herbs de Provence (great blend for steam and stir fry with sea salt)
	Mrs. Dash Table Blend
	Cilantro
	Dill
	Spice Hunter "The Zip"
	Bragg Liquid Aminos (soy sauce substitute)
	Curry Powder
	Basil
	Oregano
	Bay Leaf
	Concentrated Powder Stevia
	Various Spice Blends - Ethnic
	Minced Herbs

1 2 3 4 Organic Vegetables	
	Green Vitality*
	Spinach (baby spinach)
	Cucumber (English or Org)
	Avocados
	Kale (baby kale is great)
	Celery
	Carrots (minimize/sugar)
	Green Pepper
	Red Bell Pepper
	Yellow Sweet Pepper
	Orange Sweet Pepper
	Jalapenos
	Red Beet
	Red or Yellow Onion
	Romaine Lettuce
	Boston Leaf Lettuce (for wraps)
	Radish
	Napa Cabbage
	Zucchini
	Spaghetti Squash
	Asparagus (healthy kidneys)
	Artichokes (healthy liver)
	Brussels Sprouts
	Green Peas
	Broccoli
	Cauliflower
	Leeks
	Cabbage
	Root Vegetables like rutabaga, celery root, parsnips, turnip, etc.
	Green Beans
	Mint (Lemon Mint Whirl Dressing)
	Cilantro
	Parsley
	Herbs in general
	All Sprouts

Grains	
1 2 4	Quinoa
1 4	Brown Basmati Rice
1 4	Buckwheat (high carb)
1 2 4	Sprouted Grains

Raw Nuts & Seeds	
1 2 3 4	Chia Seeds
1 2 3 4	Unsweetened Almond Milk
1 2 3 4	Unsweetened Coconut Milk
1 2 3 4	Sunflower Sprouts (3 puréed)
1 2 3 4	Raw Sprouted Sunflower Seeds (3 puréed)
1 2 4	Almonds (soaked in water overnight)

First Pressed/Cold Pressed Oils	
1 2 3 4	Flax Seed Oil
1 2 3 4	Cold Pressed Coconut Oil
1 2 3 4	Cold Pressed Olive Oil
1 2 3 4	Grape Seed Oil (high heat)
1 2 4	Ghee
1 2 3 4	Udo's Oil (vegan omegas)
1 2 3 4	Sesame Oil
1 2 3 4	Sunflower Oil

Other	
1 2 4	Nut Butters
1 2 3 4	Unsweetened Coconut Water
1 2 3 4	Boxed Vege Broth
1 2 3 4	Powdered Vege Broth
1 2 4	Vegenaise (vegan mayo)

Organic Fruit	
1 2 3 4	Lemon
1 2 3 4	Lime
1 4	Banana
1 2 4	Blueberries
1 2 4	Blackberries
1 4	Green Apple
1 2 3 4	Coconut
1 2 3 4	Tomatoes

Shopping Strategies

- Fresh vs. canned, boxed, or frozen
- Organic when possible
- Non-GMO (genetically modified)
- Non-processed (food/oil)
- Coldwater/wild fish
- Free range/organic poultry
- Exchange non-dairy for dairy

New or Unfamiliar Food Items

- Coconut Oil, Udo's Oil, Flax Oil, Borage Oil, and Sesame Oil
- Organic herb seasoning - Braggs
- Braggs Liquid Aminos
- Stevia
- Vegenaise
- Chia Seeds
- Coconut milk yogurt
- Himalayan or unrefined sea salt
- Ghee - clarified butter
- Rice crackers

Food Prep Tips

- Rough-cut vegetables & soak in bowl of water in refrigerator so they're always handy for food prep.
- Leave one drawer in refrigerator for leafy vegetables; do not wash until ready to use.
- Stir fry with cold pressed, high heat oils like Grape Seed, Avocado, etc.
- Steam with unprocessed sea salt & pure water.
- Make a dressing of fresh lemon, puréed mint, garlic, and olive oil to use as a dip or sauce.
- Crockpot soups can be continual; use vegetable broth and vegetables, salt & pepper.
- Add spice blends and minced herbs to your bowl first and then add soup to change up flavors.





21 DAY MODEL CLEANSE Weekly Food Journal

Week One:

Breakfast	Lunch	Dinner	Snacks
Day	Day	Day	Day
Day	Day	Day	Day
Day	Day	Day	Day
Day	Day	Day	Day
Day	Day	Day	Day
Day	Day	Day	Day
Day	Day	Day	Day

Week Two:

Breakfast	Lunch	Dinner	Snacks
Day	Day	Day	Day
Day	Day	Day	Day
Day	Day	Day	Day
Day	Day	Day	Day
Day	Day	Day	Day
Day	Day	Day	Day
Day	Day	Day	Day

Week Three:

Breakfast	Lunch	Dinner	Snacks
Day	Day	Day	Day
Day	Day	Day	Day
Day	Day	Day	Day
Day	Day	Day	Day
Day	Day	Day	Day
Day	Day	Day	Day
Day	Day	Day	Day

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