

THE PARASITE CLEANSE FOOD LIST



SHANTELL GARY OF LETSBEVEGAN.COM

Things to remember about the foods to eat to list. In general, when cleansing it is important to avoid eating anything processed and high in sugar. Parasites, yeast and mucus all thrive off of high sugar foods and eating them would be counterproductive while cleansing. However, there are a few exceptions. Fruits like papaya, pineapple and grapefruit contain powerful enzymes that aid in parasite elimination. These fruits can be consumed while cleansing. Berries are also ok to consume as long as you are not dealing with an extreme candida outbreak. It is also extremely important to avoid eating all meat, gluten, dairy, eggs and seafood and stick to a plant based diet while cleansing.

Preparation Tip: Eating organic is always great but it is extremely important to remember that organic produce needs to be cleaned thoroughly, especially while cleansing.

If you have a question regarding a food item not listed. Please send an email to Beveganinc@gmail.com

Foods To Eat

Vegetables

Kale
Arugula
Spinach
Lettuce
Dandelion
Green Peas
Green Beans
Cauliflower
Broccoli
Zucchini
Squash
Artichokes
Olives
Capers
Okra
Fennel
Onions
Bell Peppers
Cucumber
Asparagus
Celery
Leeks
Brussel Sprouts
Carrots
Fresh Herbs
Garlic
Ginger
Turmeric
Avocado
Pumpkin
Eggplant

Cabbage

Bok Choy

Sea Vegetables

Seaweed

Nori

Kelp

Pasta Alternatives

Chickpea Pasta

Lentil Pasta

Quinoa Pasta

Unsweetened

Non- Dairy Items

Coconut Milk

Nut Milks

Fruits

Pineapple

Papaya

Strawberries

Blueberries

Raspberries

Blackberries

Cherries

Jackfruit

Coconut Meat

Coconut Flakes

Lemon

Lime

Grapefruit

Legumes

Chickpeas

Lentils (any kind)

Black Beans

Nuts, Seeds & Grains

Quinoa

Amaranth

Teff

Pumpkin Seeds

Papaya Seed

Almonds

Cashews

Brazil Nuts

Pistachios

Peanuts

Oats

Flours

Chickpea

Teff

Quinoa

Coconut

Oils

Coconut Oil

Extra Virgin Olive Oil

Grapeseed Oil

Avocado oil

Vegetable Oil

Sweetener

Stevia

Sauces

Tahini

Curry Paste

Foods To Avoid

Bananas	High Sugar Fruit	Juices
Cantaloupe	Soda	
Watermelon	Tofu	
Honeydew Melon	Seitan	
Oranges	Tempeh	
Pears	Coffee	
Apples	Ketchup	
Kiwi		
Peaches		
Plums		
Nectarines		
Beets		
All Meat		
Seafood		
Dairy		
Eggs		
Pasta		
White All Purpose Flour		
Whole Wheat Flour		
Rice Flour		
Spelt Flour		
All Refined Sugar		
Honey		
Maple Syrup		
Agave Nectar		
Alcoholic Beverages		
Rice		
All Potatoes Varieties		
Corn		
Bbq Sauce		