

21-Day Purification Pantry

by Nourish and Revive

Vegetables - You can eat an unlimited amount of vegetables from this list. Fresh or frozen only, not dried/canned. (Organic when possible.)
Can steam or stir-fry most vegetables for 4 minutes over low heat, but best to consume half of your total vegetable amount raw.

- Fresh herbs and spices – see below
- Artichokes
- Arugula
- Asparagus
- Bamboo shoots
- Bean sprouts and any type of sprouts
- Beets and beet greens
- Belgian endive
- Bell peppers, any variety
- Black radish
- Bok choy
- Broccoli
- Brussels sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery
- Chicory/radicchio
- Chives
- Collard greens
- Cucumbers
- Dandelion greens
- Eggplant
- Endive/escarole
- Fennel
- Hearts of palm
- Jalapeno peppers
- Kale
- Kohlrabi
- Leeks
- Lettuce, any variety
- Mushrooms Mustard greens Okra
- Onions
- Oyster plant
- Parsnips
- Pearl onions
- Pumpkin
- Radishes
- Rutabagas
- Shallots
- Spinach
- Squash, any variety
- Sweet potatoes
- Swiss chard
- Turnips and turnip greens
- Wasabi root
- Water chestnuts
- Watercress
- Yucca root
- Zucchini

Fruit - Your vegetable intake should be twice the amount of fruit intake. These fruits are just a sampling. Fresh or frozen only, not dried/canned. (Organic when possible.)

- | | |
|---|--|
| <input type="checkbox"/> Apples* | <input type="checkbox"/> Loquat* |
| <input type="checkbox"/> Apricots* | <input type="checkbox"/> Lychee* |
| <input type="checkbox"/> Avocados | <input type="checkbox"/> Mango* |
| <input type="checkbox"/> Bananas | <input type="checkbox"/> Melon, any variety* |
| <input type="checkbox"/> Blackberries | <input type="checkbox"/> Mulberries* |
| <input type="checkbox"/> Black currants* | <input type="checkbox"/> Nectarines* |
| <input type="checkbox"/> Blueberries | <input type="checkbox"/> Olives |
| <input type="checkbox"/> Boysenberries | <input type="checkbox"/> Oranges |
| <input type="checkbox"/> Cherimoya* (custard apple) | <input type="checkbox"/> Papayas* |
| <input type="checkbox"/> Cherry* | <input type="checkbox"/> Passion fruit |
| <input type="checkbox"/> Clementine | <input type="checkbox"/> Peaches, any variety* |
| <input type="checkbox"/> Coconut | <input type="checkbox"/> Pear, any variety* |
| <input type="checkbox"/> Cranberries, any variety | <input type="checkbox"/> Persimmons* |
| <input type="checkbox"/> Dates* | <input type="checkbox"/> Pineapple |
| <input type="checkbox"/> Elderberries | <input type="checkbox"/> Plums* |
| <input type="checkbox"/> Figs | <input type="checkbox"/> Pomegranate* |
| <input type="checkbox"/> Gooseberries | <input type="checkbox"/> Raspberries |
| <input type="checkbox"/> Grapefruit | <input type="checkbox"/> Red currants* |
| <input type="checkbox"/> Grapes, any variety* | <input type="checkbox"/> Rhubarb |
| <input type="checkbox"/> Guava* | <input type="checkbox"/> Sapodillas |
| <input type="checkbox"/> Huckleberries | <input type="checkbox"/> Sharon fruit |
| <input type="checkbox"/> Jackfruit | <input type="checkbox"/> Strawberries |
| <input type="checkbox"/> Jujube | <input type="checkbox"/> Tangerines |
| <input type="checkbox"/> Kiwi fruit | <input type="checkbox"/> Tomato |
| <input type="checkbox"/> Kumquats | <input type="checkbox"/> Watermelon* |
| <input type="checkbox"/> Lemons | |
| <input type="checkbox"/> Limes | |

*Fresh fruit can be a healthy and nutritious food with many vitamins, minerals, phytochemicals, and fiber. Typically, the recommendation to eat fresh fruit as your appetite dictates holds true for many people. But, if you are above your ideal weight, eliminating higher-sugar fruits may be necessary. It is best to try to use vegetables instead of high-sugar fruits. Also, be aware that for some people, fructose consumption may be a problem. Fruits that have a high fructose-to-glucose ratio should ideally be avoided. Therefore for these individuals, fruits with the * by them should be avoided or minimized.

Legumes and Pseudo-Grains - Average serving size = 1/2 cup cooked; 1-2 servings of lentils or pseudo-grains per day

Legumes

- Green beans
- Lentils
- Peas

Pseudo-Grains (Gluten-Free)

- Quinoa
- Wild Rice, Brown Rice or Heirloom Rice

Oils and Fats - Average serving = 1 teaspoon; Servings: 4-7 teaspoons per day; Buy cold pressed and unprocessed; Use high-quality oils

- Avocado
- Butter: organic, unsalted
- Coconut oil: organic, unrefined, raw
- Flaxseed oil
- Ghee: clarified butter
- Grape seed oil
- Olive oil: extra virgin
- Pumpkin seed butter
- Sesame seed oil
- Tahini (ground sesame seed)

Protein Sources - Lean meat and fish can be added on day 11, unless otherwise specified. Servings should be the size and thickness of your palm; Average serving size = generally 3-5 oz. cooked; Total servings: 2-4 per day, with 1-2 servings being fish; Broil, bake, roast, or poach; No cured, smoked, or luncheon meats

- Fish: deep-sea (e.g., salmon, cod, or sea bass), not farm raised
- Lean red meats: beef (grass-fed), venison, or other
- Poultry (organic, free-range)
- Wild game, any variety

Broths: ready-made or home-made, organic

- Beef
- Chicken
- Vegetable

Raw Seeds – No Nuts

- Flaxseed
- Chia seeds
- Hemp seeds
- Poppy seeds
- Pumpkin seeds
- Sesame seed

Spices

- Basil
- Bay leaves
- Cardamom
- Cayenne
- Chili powder
- Chives
- Cilantro (fresh coriander) Cinnamon
- Cloves
- Cumin
- Dill
- Garam
- Garlic
- Ginger
- Lemon
- Mint
- Mustard
- Nutmeg
- Oregano
- Paprika
- Parsley
- Pepper, black
- Rosemary
- Sage
- Sea salt
- Tarragon
- Thyme
- Turmeric

Dairy-Free Milk

- Coconut milk: unsweetened
- Hemp milk: unsweetened

Flours

- Coconut

Miscellaneous

- Baking powder
- Baking soda
- Curry paste
- Mustard, Dijon
- Seaweeds such as arame,
- nori, or kelp
- Vanilla extract

Sugars and Sweeteners

- Bananas
- Dates
- Stevia – preferably whole leaf
- Small amounts of raw honey

Vinegars

- Apple cider
- Balsamic vinegar
- Red wine vinegar
- White wine vinegar