



TEMPLE CLEANSE

APPROVED FOOD LIST

PRODUCE

ARTICHOKEs
ARUGULA
ASPARAGUS
BELL PEPPERS
BOK CHOY
BROCCOLI
BRUSSELS SPROUTS
CABBAGE
CARROTS
CAULIFLOWER
CELERY
COLLARD GREENS
CUCUMBERS
DANDELION GREENS
EGGPLANT
FENNEL
GREEN BEANS
JICAMA
KALE
LEEKs
LEMONS
LETTUCE
LIMES
MESCLUN
MUSHROOMS
MUSTARD GREENS
OKRA
ONIONS
RADISH
SEA VEGETABLES
SHIITAKE MUSHROOMS
SNAP PEAS
SPINACH
SWISS CHARD
TOMATOES
YAMS
WATERCRESS
ZUCCHINI

SWEET POTATO
ACORN SQUASH
APPLES
APRICOTS
AVOCADOS
BANANAS
BEETS
BLACKBERRIES
BLUEBERRIES
BUTTERNUT SQUASH
CANTALOUPE
CHERRIES
COCONUT
CORN
CRANBERRIES
PAPAYA
PARSNIPS
PEACHES
GOJI BERRIES
GRAPES
GRAPEFRUIT
HONEYDEW
KIWI
MANGOES
NECTARINES
ORANGES
PEAS
PEARS
PLUMS
POMEGRANATES
PUMPKIN
RASPBERRIES
RED GRAPES
SPAGHETTI SQUASH
STRAWBERRIES
SUMMER SQUASH
TANGERINES
TURNIPS
WINTER SQUASH

BEANS

ADZUKI BEANS
BLACK BEANS
BLACK-EYED PEAS
FAVA BEANS
KIDNEY BEANS
PINTO BEANS
GARBANZO BEANS
LENTILS
LIMA BEANS
NAVY BEANS
SOYBEANS
SPLIT PEAS
WHITE BEANS

NUTS

ALMOND BUTTER
ALMONDS
BRAZIL NUTS
COCONUT BUTTER
CASHEWS
HAZELNUTS
MACADAMIA NUTS
PECANS
PINE NUTS
PISTACHIOS
WALNUTS

SEEDS

AMARANTH
BUCKWHEAT
CHIA
FLAX
HEMP
MILLET
PUMPKIN
QUINOA
SUNFLOWER
SESAME

FLOUR

ALMOND
AMARANTH
ARROWROOT
BUCKWHEAT
COCONUT
GLUTEN-FREE
ORGANIC SPROUTED

MEATS & PROTEIN

FLOUNDER
HADDOCK
HERRING
MACKEREL
SALMON
SARDINES
SNAPPER
TROUT
TUNA (LOW-MERCURY)

CHICKEN
TURKEY
LAMB
GRASSFED
BEEF
EGGS
TOFU

BAKING & SWEETENERS

ALMOND EXTRACT
VANILLA EXTRACT
BAKING POWDER
BAKING SODA
CACAO (RAW)
COCOA POWDER
HONEY
MAPLE SYRUP
STEVIA (LIQUID)

HERBS, SPICES & SEASONINGS

BASIL
CHILIES
CINNAMON
CILANTRO
CLOVE
CORIANDER
CUMIN
CURRY
DILL
GARLIC
GINGER
KIMCHI
MARJORAM
MISO
MUSTARD
NUTMEG
OREGANO
PARSLEY
ROSEMARY
SAFFRON
SAGE
THYME
TURMERIC

CONDIMENTS, SAUCES & PASTES

CANNED TOMATOES
TOMATO PUREE
DIJON MUSTARD
MARINARA SAUCE
TAHINI
SOY SAUCE

GUACAMOLE
HUMMUS
LEMON
SALSA
TZATZIKI
GREEK YOGURT
(UNSWEETENED)

OILS

AVOCADO
COCONUT
FLAXSEED
EXTRA VIRGIN OLIVE
GRAPE SEED
SESAME

VINEGERS

APPLE CIDER
BALSAMIC

BEVERAGES NON-DAIRY MILK

TEAS
COFFEE
COCONUT WATER
FRESHLY
SQUEEZED JUICE

ALMOND
COCONUT
CASHEW
PEA
SOY