



naturallyhealthy

WITH DR. LISA, NATUROPATHIC DOCTOR

Day 1 & 2: Today you can eat anything on this list-Enjoy! On Day 2 you will start using the UltraClear Renew. Follow the guidebooks instructions.

Vegetables

Alfalfa sprouts
Artichoke
Asparagus
Avocado
Beets
Bok choy
Broccoli
Brussels sprouts
Cabbage
Carrots
Cauliflower
Celery
Chives
Cucumber
Eggplant
Endive
Escarole
Green or yellow beans
Greens (mustard, turnip, chard)
Jicama
Kale
Kohlrabi
Leeks
Lettuce
Okra
Onions
Parsnips
Peppers
Potatoes
Radishes
Rutabaga
Scallions/green onion
Sea vegetables (seaweed, kelp)
Shallots
Spinach
Summer squash
Sweet potatoes/yams
Taro
Tomatoes
Turnips
Water chestnuts
Zucchini squash

Fruits

Apple
Applesauce
Apricot

Avocado
Banana
Berries (all types)
Cherries
Coconut
Kiwi
Mango
Melon
Nectarine
Papaya
Peach
Pear
Pineapple
Plum
Prune
Raisins

Fish

Fresh or Wild caught
Cod, halibut, salmon,
Flounder, sole, tilapia,
Mahi-mahi, trout

Rice & Grains

Rice (brown and white), rice bread,
rice cereal,
rice cakes, rice pasta,
rice milk
Cream of rice
Puffed rice
Tapioca
Gluten free oats,
Potato flour, quinoa, Amaranth
Millet
Buckwheat

Legumes (Vegetable Protein)

Canned, frozen or dried beans (white, black, kidney, Great Northern, navy, mung, pinto)
Garbanzo beans, chickpeas
Lentils
Peas (green, snow)
Hummus

Nuts & Seeds

All nuts and unsweetened butters and milks except peanut.
Almonds, almond milk, almond butter,
Cashews
Flaxseed,
Hazelnuts
Pecans
Pumpkin seeds
Safflower
Sesame seeds
Sunflower seeds
Walnuts

Spices

All dried and fresh herbs & spices
All vinegars except Malt
Oils- canola, flaxseed, safflower, sunflower, sesame, walnut, pumpkin, coconut, almond

Dairy

Rice milk, coconut milk, hemp milk, almond milk, hazelnut milk

Sweeteners

Brown rice syrup
Fruit sweetener (juice concentrates)
Blackstrap molasses
Stevia

Beverages

Almond milk
Coconut milk
Herbal tea,
Water (filtered, distilled, mineral, seltzer)
Rice milk
Fresh juices from allowable fruits without added sugar
Vegetable juice without added sugar



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Day 3 & 4: Today you can eat anything on this list. Enjoy!

Vegetables

Alfalfa sprouts
Artichoke
Asparagus
Avocado
Beets
Bok choy
Broccoli
Brussels sprouts
Cabbage
Carrots
Cauliflower
Celery
Chives
Cucumber
Eggplant
Endive
Escarole
Green or yellow beans
Greens (mustard, turnip, chard)
Jicama
Kale
Kohlrabi
Leeks
Lettuce
Okra
Onions
Parsnips
Peppers
Potatoes
Radishes
Rutabaga
Scallions/green onion
Sea vegetables (seaweed, kelp)
Shallots
Spinach
Summer squash
Sweet potatoes/yams
Taro
Tomatoes
Turnips
Water chestnuts
Zucchini squash

Fruits

Apple
Applesauce
Apricot
Avocado
Banana

Berries (all types)
Cherries
Coconut
Kiwi
Mango
Melon
Nectarine
Papaya
Peach
Pear
Pineapple
Plum
Prune
Raisins

Fish

Fish
Fresh or Wild caught
Cod, halibut, salmon,
Flounder, sole, tilapia,
Mahi-mahi, trout

Legumes (Vegetable Protein)

Canned, frozen or dried beans (white, black, kidney, Great Northern, navy, mung, pinto)
Garbanzo beans, chickpeas
Lentils
Peas (green, snow)
Hummus

Spices

All dried and fresh herbs & spices
All vinegars except Malt
Oils- canola, flaxseed, safflower, sunflower, sesame, walnut, pumpkin, coconut, almond

Sweeteners

Brown rice syrup
Fruit sweetener (juice concentrates)
Blackstrap molasses
Stevia

Beverages

Herbal tea,
Water (filtered, distilled, mineral, seltzer)
Fresh juices from allowable fruits



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Day 5, 6 & 7: Today you can eat anything on this list. Enjoy!

Vegetables

Broccoli
Kale
Brussels sprouts
Cabbage
Cauliflower
Endive
Romaine
Red and Green Lettuce

Fruits

Apple
Applesauce
Pear

Fish

Fresh or Wild caught
Cod, halibut, salmon,
Flounder, sole, tilapia,
Mahi-mahi, trout

Legumes

(Vegetable Protein)

Canned, frozen or dried beans
(white, black,
kidney, Great Northern,
navy, mung, pinto)
Garbanzo beans,
chickpeas
Lentils
Peas (green, snow)
Hummus

Spices

All dried and fresh herbs &
spices
All vinegars except Malt
Oils- canola, flaxseed,
safflower, sunflower, sesame,
walnut, pumpkin, coconut,
almond

Beverages

Herbal tea,
Water (filtered,
distilled, mineral, seltzer)



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Day 8: Today you can eat anything on this list. Enjoy!

Vegetables

Alfalfa sprouts
Artichoke
Asparagus
Avocado
Beets
Bok choy
Broccoli
Brussels sprouts
Cabbage
Carrots
Cauliflower
Celery
Chives
Cucumber
Eggplant
Endive
Escarole
Green or yellow beans
Greens (mustard, turnip, chard)
Jicama
Kale
Kohlrabi
Leeks
Lettuce
Okra
Onions
Parsnips
Peppers
Potatoes
Radishes
Rutabaga
Scallions/green onion
Sea vegetables (seaweed, kelp)
Shallots
Spinach
Summer squash
Sweet potatoes/yams
Taro
Tomatoes
Turnips
Water chestnuts
Zucchini squash

Fruits

Apple
Applesauce
Apricot
Avocado
Banana
Berries (all types)
Cherries
Coconut
Kiwi
Mango
Melon
Nectarine
Papaya
Peach
Pear
Pineapple
Plum
Prune
Raisins

Fish

Fresh or Wild caught
Cod, halibut, salmon,
Flounder, sole, tilapia,
Mahi-mahi, trout

Rice & Grains

White Rice

Legumes (Vegetable Protein)

Canned, frozen or dried beans (white, black, kidney, Great Northern, navy, mung, pinto)
Garbanzo beans, chickpeas
Lentils
Peas (green, snow)
Hummus

Spices

All dried and fresh herbs & spices
All vinegars except Malt
Oils- canola, flaxseed, safflower, sunflower, sesame, walnut, pumpkin, coconut, almond

Sweeteners

Brown rice syrup
Fruit sweetener (juice concentrates)
Blackstrap molasses
Stevia

Beverages

Herbal tea,
Water (filtered, distilled, mineral, seltzer)
Fresh juices from allowable fruits without added sugar
Vegetable juice without added sugar



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Day 9: Today you can eat anything on this list. Enjoy!

Vegetables

Alfalfa sprouts
Artichoke
Asparagus
Avocado
Beets
Bok choy
Broccoli
Brussels sprouts
Cabbage
Carrots
Cauliflower
Celery
Chives
Cucumber
Eggplant
Endive
Escarole
Green or yellow beans
Greens (mustard, turnip, chard)
Jicama
Kale
Kohlrabi
Leeks
Lettuce
Okra
Onions
Parsnips
Peppers
Potatoes
Radishes
Rutabaga
Scallions/green onion
Sea vegetables (seaweed, kelp)
Shallots
Spinach
Summer squash
Sweet potatoes/yams
Taro
Tomatoes
Turnips
Water chestnuts
Zucchini squash

Fruits

Apple
Applesauce
Apricot
Avocado
Banana

Berries (all types)
Cherries
Coconut
Kiwi
Mango
Melon
Nectarine
Papaya
Peach
Pear
Pineapple
Plum
Prune
Raisins

Fish

Fresh or Wild caught
Cod, halibut, salmon,
Flounder, sole, tilapia,
Mahi-mahi, trout

Rice & Grains

Rice (brown and white), rice bread,
rice cereal,
rice cakes, rice pasta,
rice milk
Cream of rice
Puffed rice
Tapioca
Gluten free oats,
Potato flour, quinoa, Amaranth
Millet
Buckwheat

Legumes (Vegetable Protein)

Canned, frozen or dried beans (white, black, kidney, Great Northern, navy, mung, pinto)
Garbanzo beans, chickpeas
Lentils
Peas (green, snow)
Hummus

Nuts & Seeds

All nuts and unsweetened butters and milks except peanut.

Almonds,
almond milk, almond butter,
Cashews
Flaxseed,
Hazelnuts
Pecans
Pumpkin seeds
Safflower
Sesame seeds
Sunflower seeds
Walnuts

Spices

All dried and fresh herbs & spices
All vinegars except Malt
Oils- canola, flaxseed, safflower, sunflower, sesame, walnut, pumpkin, coconut, almond

Dairy

Rice milk, coconut milk, hemp milk, almond milk, hazelnut milk

Sweeteners

Brown rice syrup
Fruit sweetener (juice concentrates)
Blackstrap molasses
Stevia

Beverages

Almond milk
Coconut milk
Herbal tea,
Water (filtered, distilled, mineral, seltzer)
Rice milk
Fresh juices from allowable fruits without added sugar
Vegetable juice without added sugar



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Day 10: Congratulations! You have successfully completed the program. For maximum benefit from this program, it is important to slowly reintroduce the foods which you have not added back to your diet yet. If you suspect that you have food allergies, try only one new food at a time and wait 24-48 hours to see if you note a reaction.

Vegetables

Alfalfa sprouts
Artichoke
Asparagus
Avocado
Beets
Bok choy
Broccoli
Brussels sprouts
Cabbage
Carrots
Cauliflower
Celery
Chives
Cucumber
Eggplant
Endive
Escarole
Green or yellow beans
Greens (mustard, turnip, chard)
Jicama
Kale
Kohlrabi
Leeks
Lettuce
Okra
Onions
Parsnips
Peppers
Potatoes
Radishes
Rutabaga
Scallions/green onion
Sea vegetables (seaweed, kelp)
Shallots
Spinach
Summer squash
Sweet potatoes/yams
Taro
Tomatoes
Turnips
Water chestnuts
Zucchini squash

Fruits

Apple
Applesauce

Apricot
Avocado
Banana
Berries (all types)
Cherries
Coconut
Kiwi
Mango
Melon
Nectarine
Papaya
Peach
Pear
Pineapple
Plum
Prune
Raisins

Rice & Grains

Rice, rice bread, rice cereal, rice pancakes, rice cakes, rice pasta, rice milk
Cream of rice
Puffed rice
Tapioca
Amaranth
Millet
Buckwheat

Legumes (Vegetable Protein)

(Vegetable Protein)
Beans (white, black, kidney, Great Northern, navy, mung, pinto)
Garbanzo beans/chickpeas
Lentils
Peas (green, snow)

Nuts, Seeds & Oils

Almonds, almond oil, almond milk, almond butter
Canola oil

Cashews
Flaxseed, flaxseed oil
Hazelnuts
Olive oil
Pecans
Pumpkin oil & seeds
Safflower oil
Sesame oil & seeds
Sunflower oil & seeds
Walnuts, walnut oil

Spices

All herbs & spices
Balsamic vinegar
Dijon-like mustard
Rice vinegar

Sweeteners

Brown rice syrup
Fruit sweetener
Blackstrap molasses
Stevia

Beverages

Almond milk
Coconut milk
Herbal tea, decaffeinated
Water (filtered, distilled, mineral)
Rice milk
Fresh juices from allowable fruits without added sugar

These are your most common allergen foods:

Dairy

Wheat/Gluten

Soy

Eggs

Nuts/Seeds

If you suspect a food allergy add one of these foods back in today and wait 24-48 hours to see how you feel before introducing another high allergen food. You may be surprised.