**Appendix E**

**Clean Sweep Food Lists**

**Quick Notes**

-   Stick to the plan for at least 4 weeks (8 weeks if you have digestive issues but can’t use supplements to improve digestion.)

-   Don’t consume any foods that are not allowed.  Not even one bite. Excuses don’t count.

-   If you’re dealing with any autoimmune-type issues, use the AIP Remove List below as well.

-   When you begin to reintroduce foods, add one food at a time and wait 72 hours to see if you have a reaction before reintroducing any other foods.

-   Keep in mind that some foods listed below may not be optimal for specific imbalances.  You may still need to reduce or remove some of these items if you are also working to improve specific imbalances covered elsewhere in this book.

-   In rare instances, I have seen some individuals do okay with a small amount of raw nuts during their clean sweep (as long as these folks were not doing the autoimmune version where no nuts are allowed).  I never view consuming a lot of nuts as a great idea because many contain a lot of fatty acids that can contribute to an inflammatory response. This clean sweep process can be very restrictive and quite an adjustment from the standard American way of eating.  For that reason, it may be okay if you need to include some raw nuts to help you avoid the other foods that are crucial to leave out during a clean sweep. If you need a little more variety to keep you from snapping and eating a loaf of bread, I view adding in a few raw nuts as a strategic maneuver.  I would continue to avoid peanuts and almonds. If you do okay on your clean sweep without any nuts, I would leave them out altogether.

**Foods To Remove**

Grains (corn, wheat, buckwheat, millet, rice, rye, spelt, kamut, oats, etc.)

Dairy products of any kind

All processed foods

All alcohol

Legumes (beans, soy in any form, chickpeas, hummus, etc.)

All sugar and sweeteners of any kind

**Foods To Include**

*Proteins*

Organic/ grass fed/ pastured / wild caught varieties are the best, but not required.

Meats (beef, bison, lamb, venison, elk, and other animals that have a rumin)

Poultry (chicken, turkey, pheasant, etc.)

Eggs (no hormones or antibiotics)

Organ meats (I recommend grass fed with organ meats)

Processed meats (turkey or beef sausage or bacon (no sugar added)

Seafood

*Vegetables*

Artichoke

Arugula

Asparagus

Beets

Beet greens

Bell peppers

Bok choy

Broccoli/Broccolini/Broccoli Rabe

Brussels sprouts

Butternut squash

Cabbage

Carrots

Cauliflower

Celery

Collard greens

Cucumber

Dark leafy greens

Eggplant

Garlic

Green beans

Jicama

Kale

Leeks

Lettuce

Mushrooms

Okra

Onion/shallots

Parsnips

Pumpkin

Radishes

Rutabaga

Rhubarb

Sugar snap peas

Spaghetti squash

Spinach

Sprouts

Squash (all)

Sweet potatoes/yams/white sweet potatoes

Swiss chard

Tomato

Turnip

Watercress

Zucchini

*Fats*

Animal fats from animals with rumins

Coconut oil

Coconut flakes (unsweetened)

Coconut milk (avoid versions containing xanthan gum, guar gum, or carrageenan)

Ghee/clarified butter

Extra-virgin olive oil

Olives

*Fruit*

Apples

Apricots

Blackberries

Blueberries

Cherries

Dates/Figs (high in sugar)

Grapefruit (limited)

Grapes

Kiwi

Lemon/Lime

Mango

Melon

Oranges

Papaya

Peaches

pears

Pineapple

Plums

Pomegranate

Raspberries

Strawberries

Tangerines

Watermelon

*Vinegars*

Apple cider vinegar

Coconut vinegar

Red wine vinegar

Balsamic (with no added sugar)

*Any non-seed herbal teas are okay*

**For Autoimmune Protocol, also remove:**

All nightshade vegetables (tomatoes, potatoes, peppers (including ground pepper), eggplants, etc.)

All nuts and seeds

Culinary herbs from seeds (mustard, cumin, coriander, cardamom, fennel, fenugreek, nutmeg, dill, fennel)

Eggs

Chocolate (You can do it!)

Stevia

Dried fruits

Remember, search for “Paleo AIP recipes” and you will find plenty of ideas.

You got this!