

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 ruminants
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!