

Clear Change® 28-Day Program Shopping List

Let's go shopping! Be sure to go shopping for everything you need to successfully support your 28-day program. Buy organic foods when possible.

Vegetables (Fresh or Frozen)

Artichoke
Asparagus
Bamboo shoots
Beans: green, wax, Italian
Beets, beet greens
Broccoli
Broccoli
Brussels sprouts
Cabbage: red, green, bok choy, etc.
Cauliflower
Carrots
Celery, celery root
Chayote
Cucumber
Garlic
Green onions or scallions
Greens: arugula, collard, dandelion, endive, escarole, kale, spinach, Swiss chard, radicchio, turnip
Eggplant
Gourds: bitter, bottle, bitter melon
Hearts of palm
Jicama
Kelp
Kohlrabi
Leeks
Lettuce: all varieties
Mushrooms
Okra
Onions
Parsnips
Peas: green
Peppers: all varieties
Potatoes: Yukon gold, new, or red
Radishes
Rutabaga
Seaweeds
Sprouts: all varieties
Squash: summer, crookneck, delicata, spaghetti, acorn, butternut yellow, zucchini
Sugar snap peas, snow peas
Tomatoes
Turnips
Water chestnuts
Watercress
Yams, sweet potatoes

Fish/Core Protein (Fresh, Wild-caught)

Alaskan salmon
Herring
Mackerel
Trout

Meat/Poultry (Free-range, Grass-fed)

Chicken, skinless
Cornish hen, skinless
Lamb: leg, chop, lean roast
Turkey, skinless
Wild game: buffalo, elk, venison

Fruits (Fresh or Frozen)

Apple
Apple juice, unsweetened
Apple sauce
Apricots
Bananas
Blackberries
Blueberries
Boysenberries
Cantaloupe
Cranberries
Fresh figs
Grapes
Honeydew melon
Kiwi
Loganberries
Mango
Nectarines
Papaya
Peaches
Pears
Pear juice, unsweetened
Persimmon
Pineapple
Plums
Raspberries
Strawberries
Tangerines
Watermelon

Rice/Grains

Amaranth
Buckwheat groats
Buckwheat noodles, pure
Millet
Oats: gluten-free whole or steel-cut
Quinoa
Rice: basmati, brown, white
Rice: wild
Rice cakes
Rice cereal, unsweetened
Teff

Legumes (Vegetable Protein)

Beans: black, cannellini, garbanzo, kidney, lima, mung, navy, pinto, etc.
Beans, vegetarian refried
Bean soups
Lentils: brown, green, yellow
Peas: black-eyed, pigeon peas, split
Hummus

Nuts/Seeds

Almonds
Almond butter
Brazil nuts
Cashews
Cashew butter
Chia seeds
Coconut: unsweetened, shredded
Flaxseed
Hazelnuts
Hemp seeds
Macadamia
Pecans
Pine nuts
Pistachios
Pumpkin seeds
Sesame seeds

Dairy Alternatives

Almond milk
Coconut milk, boxed
Hazelnut milk
Hemp milk
Rice milk
Yogurt: coconut

Spices/Condiments

Fresh or dried herbs: any (e.g., dill, basil, chives, cilantro, mint, oregano, rosemary, sage, thyme, etc.)
Fresh or dried spices: any (e.g., chili powder, cardamom, cinnamon, cumin, curry, garlic powder, ginger powder, onion powder, paprika, pepper, turmeric, etc.)
Ginger
Lemon
Lime
Horseradish
Mustard
Salsa, unsweetened
Tomato sauce, unsweetened
Vinegars, unsweetened

Sweeteners

Luo han guo (monk fruit) extract
Stevia

Beverages

Green tea, unsweetened
Non-caffeinated herbal teas: mint, chamomile, hibiscus, etc.
Mineral water, still or carbonated
Rooibos tea, unsweetened
Water (ideally filtered)

Fats

Avocado
Canola oil
Coconut milk, canned
Coconut oil
Coconut spread, organic
Flaxseed oil
Ghee/clarified butter
Grapeseed oil
High oleic safflower oil
Olives
Olive oil, extra virgin
Sesame oil