



# Spring Grocery List for the Colorado Cleanse

(March-June)

Though these are not the only items you can eat, they are the most beneficial foods for cleansing during the spring.

An asterisk (\*) means that this food is particularly balancing during the springtime.

To see a complete list of seasonal foods to enjoy when you are not cleansing, visit [LifeSpa.com/EatSeasonally](http://LifeSpa.com/EatSeasonally).

VEGETABLES	FRUIT	SPICES	LEGUMES
*Alfalfa sprouts	<i>Eat fruit separately; do not combine with other foods.</i>	Anise	*All sprouted beans
Artichokes		Asafoetida (hing)	<b>Small beans</b>
*Asparagus	<i>Eat sweet fruits separately from sour fruits.</i>	Basil	<i>Small beans are easier to digest than large beans.</i>
*Bean sprouts		Bay leaf	Adzuki
Beets		*Black pepper	Black gram
*Bell peppers	<b>Sweet fruits</b> Papayas	Chamomile	*Lentils
*Bitter melon		Caraway	*Mung
Broccoli		Cardamom	Split pea
*Brussels sprouts		*Cayenne	<b>Large beans</b>
*Cabbage		Cinnamon	Black
*Carrots		*Clove	Black-eyed peas
*Cauliflower		Coriander	Cannellini
*Celery		Cumin	Garbanzo
*Chicory		Dill	Fava
*Chilies, dried		Fennel	*Kidney
Cilantro	Fenugreek	*Lima	
*Collard greens	Garlic	Navy	
*Corn	Ginger	Pinto	
*Dandelion	Horseradish		
*Endive	Marjoram		
Fennel	Mustard		
*Garlic	<b>SEEDS</b>	Nutmeg	<b>BEVERAGES</b>
Ginger	<i>Only during Phases 1 and 3</i>	Oregano	Plain water, room-temp to hot
*Green beans	Chia	Peppermint	
*Hot peppers	Flax	Poppy seeds	
Jicama	Hemp	Rosemary	
*Kale	Pine nuts	Saffron	<b>HERB TEA</b>
Leeks	Pumpkin	Sage	<i>Optional, with meals</i>
*Lettuce	Sesame	Spearmint	Alfalfa
*Mushrooms	Sunflower	Thyme	*Cardamom
*Mustard greens		Turmeric	*Chicory
*Onions			*Cinnamon
*Parsley	<b>LEAN MEAT</b>	<b>GRAINS</b>	*Cloves
*Peas	<i>If needed to stabilize blood sugar.</i>	Amaranth	*Dandelion
*Potatoes, baked	Chicken, white	Buckwheat	*Hibiscus
*Radishes	Turkey, white	Millet	*Orange peel
Seaweed		Oats (gluten-free)	*Strawberry leaf
Snow peas		Quinoa	
*Spinach		Brown rice, long grain	
*Swiss chard		White rice, long grain	
*Turnips			
*Watercress			