

# Back In Action Chiropractic

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## Purification Program Shopping List

### Fruits:

- Apples
- Oranges
- Grapes
- Blueberries
- Watermelon
- Cantaloupe
- Tangerines
- Raspberries
- Pears
- Honeydew melon
- Kiwi
- Strawberries
- Peaches
- Plums
- Nectarines

### Vegetables:

- Lettuce
- Mixed greens
- Tomatoes \*\*
- Spinach
- Green peppers \*\*
- Yellow peppers \*\*
- Red peppers \*\*
- Broccoli
- Brussels sprouts
- Cauliflower
- Asparagus
- Cabbage
- Onions
- Mushrooms
- Cucumbers
- Celery
- Kale
- Radishes
- Collard greens
- Turnips
- Red beets
- Mustard greens
- Sweet potatoes \*\*
- Green beans
- Swiss chard
- Watercress
- Artichokes
- Eggplant \*\*

### Meats: (only during days 11 through 21)

- Buffalo
- Chicken (White meat)
- Turkey (White meat)
- Beef
- Fish (Cold-water preferred – Cod, salmon, halibut)

Use organic vegetables and fruits, and organic or free-range meats if available. If organic produce is not available, thoroughly wash food to remove pesticides and other chemicals before consuming.

\*\* Patients suffering from arthritis should avoid the nightshade family of vegetables.