

This is the time for a spring detox — so schedule one. You could also do one of the Holistic Highway cleanses — a 4 week cleanse that is guaranteed to lighten and brighten as we go into the summer. Go to [www.theholistichighway.com](http://www.theholistichighway.com) to join either a group cleanse or an online cleanse that is going on right now.

Choose organic and non-GMO when possible. Eat more of your favorite foods from this list, especially those foods marked with an asterisk (\*). In general: spicy, bitter, astringent.

## VEGETABLES

\*Alfalfa Sprouts Fennel  
 Artichokes Green Beans  
 \*Asparagus Hot Peppers  
 Bean Sprouts Kale  
 Beets Leeks  
 Bell Peppers Lettuce  
 Broccoli Mushrooms  
 Brussels Spouts Mustard Greens  
 Cabbage Onions  
 Carrots Parsley  
 Cauliflower Peas  
 Celery Potatoes (*baked*)  
 Chicory Radishes  
 Cilantro Seaweed  
 Chillies (*dried*) Snow Peas  
 Collard Greens Spinach  
 Corn Swiss Chard  
 Dandelion Turnips  
 Endive Watercress

## FRUIT

Apples  
 Berries (*all*)  
 Blueberries  
 Dried Fruit  
 Grapefruit  
 Lemons  
 Limes  
 Papaya  
 Pears  
 Pomegranate  
 Raspberries  
 Strawberries

## MEATS

Chicken  
 Duck (*moderation*)  
 Eggs (*moderation*)  
 Freshwater Fish  
 Lamb (*moderation*)  
 Ocean Fish (*moderation*)  
 Turkey

## GRAINS

Amaranth  
 Barley  
 Buckwheat  
 Corn  
 Millet  
 Oats (*dry*)  
 Quinoa  
 Rice (*brown*)  
 Rye

## OILS

Canola  
 \*Corn  
 Flax  
 Mustard  
 Safflower  
 Soy  
 Sunflower

## LEGUMES

All Sprouted Beans  
 Garbanzo  
 Fava  
 Kidney  
 Lentils,  
 Lima  
 Mung  
 Split Peas

## SEEDS

Pumpkin  
 Sunflower  
 Filbert's

## SPICES

Anise  
 Asafetida  
 Basil  
 Bayleaf  
 Black Pepper  
 Chamomile  
 Caraway  
 Cardamom  
 Cayenne  
 Cinnamon  
 Cloves  
 Coriander  
 Cumin  
 Dill  
 Fennel  
 Fenugreek  
 Garlic  
 Ginger  
 Horseradish  
 Marjoram  
 Mustard  
 Nutmeg  
 Oregano  
 Peppermint  
 Poppy Seeds  
 Rosemary  
 Saffron  
 Sage  
 Spearmint  
 Thyme  
 Turmeric

## DAIRY

Ghee  
 (*moderation*)  
 Low Fat Yogurt  
 (*moderation*)  
 Rice Milk  
 Soy  
 Milk  
 Goat Milk

## HERB TEA

Cardamom  
 Chicory  
 Cinnamon  
 Cloves  
 Dandelion  
 Ginger  
 Hibiscus  
 Orange Peel  
 Strawberry leaf

## CONDIMENTS

Carob  
 Pickles

## SWEETENERS

Honey - Raw  
 Maple Syrup  
 Molasses

## BEVERAGES

Black Tea (*moderation*)  
 Coffee (*moderation*)  
 Water (*room temp*)

\*An asterisk means that this food is a Spring Superfood. If you like it, eat more of it.