

## Kidney Cleanse: Two Week Menu

	BREAKFAST	LUNCH	DINNER	SNACK
MON	300ml's beetroot juice and 100 ml's carrot juice.	Drink 6 oz of apple drink	Chickpea Curry with green salad (Homemade)	Blueberries   Cherries   Grapes   Figs   Lemon
TUE	Drink 300 ml's of apple juice or beetroot juice.	Berry smoothie with green powder.	Grilled vegetables with cauliflower rice" and carrot-cabbage salad.	Organic strawberry smoothie with hemp milk
WED	Beet Juice with Ginger	Berry smoothie with green powder.	Black bean and red quinoa salad with avo. Or DF lamb burger with a green salad.	Organic apple/fruit of choice
THU	Berry smoothie with green powder *	500 ml's celery juice	Tahinin baked cauliflower with tahini, sweet potato, broccoli, and peas	Coconut kefir with berries or carrots with hummus
FRI	Celery juice 500m's	Beet Juice with Ginger	Beetroot burger, cauliflower and peas with cucumber salad	Dairy-free yogurt with fruit and raw seeds and nuts
SAT	300ml's beetroot juice and 100 ml's carrot Juice	Chickpea salad with watercress, mixed greens, purple cabbage and 2 cups steamed broccoli	Brassica stir-fry with Lentil/bean burger	Blueberries   Cherries   Grapes   Figs   Lemon
SUN	Water fast	Water fast	Water fast	Water fast

# MEAL PLAN

Abreviation:  
DF: Dairy-free

Seeds: Pumpkin, sesame, sunflower, flac  
Oils: Flax, Olive (Cold pressed)

Tea: Stinging Nettle, Green or organic herbal tea

2,5-3 litres of purified water: no plastic bottle water

\* Berry Smoothie: 1/2 cup each of cherries, blueberries and cranberries. Add collagen protein powder and 1tsp green powder like spirulina/wheatgrass.

Feel free to swop out a smoothie or juice for dinner..

14-day healthy eating plan



# Grocery List for a Kidney-Friendly Pantry

## FRUITS

- Apple juice
- Apples
- Applesauce
- Apricot nectar
- Apricots, canned
- Blackberries
- Cherries
- Cranberries
- Cranberry sauce
- Figs, fresh
- Fruit cocktail
- Grapefruit
- Grapes
- Lemon
- Lime
- Peaches
- Peach nectar
- Pear nectar
- Pears, canned
- Pineapple
- Plums
- Raspberries
- Strawberries
- Tangerines
- Watermelon

## NUTS AND SEEDS

- Almonds
- Almond butter
- Brazil nuts
- Cashews
- Chestnuts
- Coconut
- Hazelnuts
- Macadamia nuts
- Pecans
- Pine Nuts
- Pistachio nuts

## VEGETABLES

- Arugula
- Asparagus
- Bean sprouts
- Beets, canned
- Cabbage, green/red
- Carrots
- Cauliflower
- Celery
- Chiles
- Chives
- Coleslaw
- Corn
- Cucumber
- Eggplant
- Endive
- Ginger root
- Green beans
- Lettuce
- Onions
- Parsley
- Radishes
- Spaghetti squash
- Spinach
- Turnips
- Vegetables, mixed
- Water chestnuts, canned

## OILS

- Butter
- Olive oil

## NON-ALCOHOLIC BEVERAGES

- Made Fresh
- Almond Milk (No Carageenan)
- Burdock root tea
- Coconut Milk
- Cranberry juice
- Grape juice
- Grapefruit juice
- Green tea
- Orange juice
- Stinging nettle tea
- Spearmint Tea

## MEAT AND MEAT SUBSTITUTES

Only for after the cleanse:

- Beef
- Chicken
- Eggs
- Egg substitute
- Fish
- Lamb
- Tofu
- Tuna, canned
- Turkey
- Veal

## BREADS AND CEREALS

- Amaranth
- Bagels, plain/blueberry
- Bread, white / French/Italian
- Cereals, Kellogg's Corn Flakes
- Couscous
- Crackers, unsalted
- Dinner rolls
- English muffins
- Grits
- Pasta
- Melba toast
- Oats (Rolled)
- Pita bread
- Pretzels, unsalted
- Quinoa
- Rice, brown/white
- Spaghetti
- Tortillas

# MEAL PLAN

14-day healthy eating plan

Above are some items that will help you create your grocery list for your next trip to the store. You don't have to buy everything on the list; rather, use this list as a guide for your kitchen staples. This list will help you find kidney-friendly goods at the grocery store that you can stock up on every month. People with diabetes will want to be cautious of sugar intake when looking at the beverages and sweets sections.