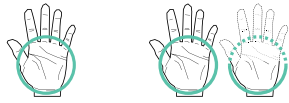




Section 4: 21-Day Reset Clean Food List

PROTEINS



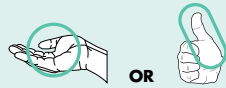
FEMALES

1 PALM
(3 OUNCES)

MALES

1½–2 PALMS
(5 OUNCES)

FATS



SMALL HANDFUL
FOR SOLIDS LIKE NUTS,
SEEDS OR AVOCADOS

1 THUMB
FOR LIQUIDS
LIKE OILS

SAME FOR WOMEN, MEN & KIDS

CARBS



FEMALES

1 FIST
(3 OUNCES)

MALES

2 FISTS
(5 OUNCES)

FREE FOODS

**NO
LIMITS**

Choose 1 Per Meal

✓ Lean Proteins

- Bison
(extra lean)
- Chicken
- Egg Whites
- Kyäni FIT20®
(grass fed whey and collagen)
- Kyäni Origin™
(plant-based protein)
- Hemp
(Plant Based Eaters)
- Lean Fish
- Shellfish
- Turkey
- Venison

✓ Non-Lean Proteins

- (don't add fat with these options)
- Beef (filet)
 - Beef (ground)
 - Eggs (whole)
 - Non-Lean Fish
(ex. salmon)
 - Lamb
 - Pork (tenderloin, ham, pork chops, etc.)

Choose 1 Per Meal

✓ Avocado

✓ Natural Nut Butters

(1 tbsp. for females)
(1 ½ tbsp. for males)

- Almond
- Cashew
- Peanut

✓ Oils

(½ tbsp. for females)
(1 tbsp. for males)

- Avocado
- Canola
- Coconut
- Macadamia
- Olive
- Peanut
- Sesame
- Vegetable

✓ Raw Nuts

(small handful for females)
(medium handful for males)

- Almonds
- Candlenuts
- Peanuts
- Pecans

✓ Seeds

(small handful for females)
(medium handful for males)

- Chia
- Flax
- Pumpkin
- Sesame
- Sunflower

Choose 1 Per Meal

✓ Fruits

- Apples
- Bananas (½ per day)
- Berries
(blackberries, blueberries, raspberries, strawberries)
- Cherries
- Grapes
- Grapefruit
- Mangos
- Melon
(cantaloupe, honeydew, watermelon)
- Oranges
- Tomato
- Tropical Fruits
- Etc.

✓ Calorie Rich Vegetables

(avoid calorie dense veggies like beans, corn, peas, potatoes during 21-Day Reset)

- Beets
- Carrots
- Cauliflower Rice
- Eggplant
- Squash (acorn, butternut)

Unlimited

✓ Herbs

- Basil
- Bay leaves
- Cilantro
- Parsley
- Rosemary
- Thyme
- Etc.

✓ Spices

- Cinnamon
- Garlic
- Ginger
- Mustard
- Nutmeg
- Peppercorns
- ★ Pink Himalayan salt
- Saffron
- Etc.

✓ Low-calorie vegetables

(fresh only)

- Asparagus
- Bell peppers
(red, orange, yellow)
- Bok choy
- Broccoli
- Brussels sprouts
- Cauliflower
- Celery
- Cucumber
- Leafy greens (chard, collards, kale, lettuce, micro greens, spinach)
- Onion
- Squash (pattypan, pumpkin, spaghetti, yellow, zucchini)

✓ Natural sweeteners

- Monk Fruit
- Stevia

✓ Condiments

- Extracts
(almond, vanilla, etc.)
- Vinegars
(balsamic, red wine, apple cider, etc.)

PRO TIP: Take a picture of this to save on your phone when traveling or out to eat.

★ Inflammatory—use sparingly