

Fats & Oils

Servings / day

Unfiltered, cold pressed, organic preferred, non-GMO

2 T....Avocado	8.....Olives, black or green
1½ T....Coconut milk, regular	1 t.....Oils, cooking or salad: coconut, flax, grapeseed, olive
3 T....Coconut milk, light	(extra virgin), rice bran
1 t.....Ghee (certified dairy-free)	
1 t.....Oils, cooking or salad: almond, canola, pumpkin, safflower, sesame, sunflower, walnut	1 T....Pesto, olive oil (cheese free)

1 serving = 45 calories, 5 g fat

ELIMINATE

Butter	Mayonnaise	Shortening
Corn oil	Peanut oil	Soybean oil
Margarine	Salad dressings	

Nuts & Seeds

Servings / day

6.....Almonds	4.....Pecan halves
2.....Brazil nuts	1 T....Pine nuts
3 T....Coconut (unsweetened)	16.....Pistachios
2 T....Flaxseed, ground	1 T....Pumpkin seeds
5.....Hazelnuts	1 t.....Sunflower seed kernels
½ T....Nut butters	1 T....Sesame seeds
6.....Cashews	1 T....Soy nuts
1 T....Chia seeds	2 t.....Tahini (sesame paste)
1 T....Hemp seeds	4.....Walnut halves
1 T....Nut oils	

1 serving = 45 calories, 5 g fat

ELIMINATE

Mixed nuts (with peanuts)	Peanuts	Peanut butter
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Protein

Servings / day

Animal Proteins: (<i>lean cut, grass fed, organic preferred</i>)	1 oz....Poultry (skinless chicken, turkey, Cornish hen)
1.....Egg	2 sm...Sardines
1 oz....Fish (canned, fresh, frozen, wild-caught, not farm raised)	2 lg....Scallops
1 oz....Meat: buffalo, elk, lamb, venison, wild game	Protein Powder: Check label for # grams/scoop (1 protein serving = 7 g protein) Egg, hemp, pea, rice, whey protein
Plant Protein: (<i>organic, non-GMO preferred</i>)	
1 oz....Burger alternatives: legume, mushroom, soy, veggie	¼ c....Natto
3 T....Miso	½ c....Tofu, tempeh

1 oz serving = 50-100 calories, 7 g pro

ELIMINATE

Beef/veal	Clams	Frankfurters	Prawns
Canned meats	Cold cuts	Lobster	Shrimp
	Crab	Oysters	

Non-starchy Vegetables

Servings / day

Brassicales (<i>i.e. Cruciferous</i>)			
Arugula	Broccoli	Cabbage	Radishes <input type="checkbox"/>
Broccoflower	sprouts	Cauliflower	Watercress
Broccoli	Brussels sprouts	Horseradish	
		Kohlrabi	

Detoxifying Leafy Greens

Bok choy	chard	Greens (beet, dandelion)	Spinach <input type="checkbox"/>
(Chinese cabbage)	Cilantro	Parsley	
Chard/Swiss	Endive	Radicchio	
	Escarole		

Thiols

Daikon	Shallots	Garlic <input type="checkbox"/>
Onion	Leeks	

Liver & Kidney Support

Asparagus	Artichokes	Celery <input type="checkbox"/>
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Other Non-Starchy Vegetables

Bamboo shoots	Eggplant	Peppers	zucchini)
Bean sprouts	Green beans	Sea vegetables	Tomato
Bell peppers	Jicama	Squash	Vegetables, fermented
Carrots	Lettuce	(spaghetti, yellow,	
Cucumbers	Mushrooms	Okra	

1 Serving = ½ c cooked, 1 c raw, 10-25 calories, 5 g carbs

Legumes

Servings / day

¾ c....Bean soups	½ c....Fat-free refried beans
½ c....Cooked dried peas, beans, or lentils	⅓ c....Hummus or other bean dips
½ c....Edamame, steamed	½ c....Green peas
¼ c....Flour, legume (containing only dried beans, peas, lentils, or mixture)	

1 Serving = 110 calories, 15 g carbs, 7 g pro

Low-fat Dairy/Alternatives

Servings / day

<i>Unsweetened, certified dairy-free</i>	
8 oz...Milk alternatives: almond, coconut, hemp, nut, rice	
⅓ c....Coconut kefir	8 oz...Soy milk
⅓ c....Coconut yogurt	6 oz...Soy yogurt (plain, non-fat)
1 t.....Ghee	

1 Serving = 70-100 calories, 12 g carbs, 7 g pro

ELIMINATE

Butter	Cream	Milk	Yogurt, dairy
Cheese	Frozen yogurt	Non-dairy creamers	
Cottage cheese	Ice cream		

Detox Food Plan

Starchy Vegetables

Servings / day

1 c....Beets	½ c....Winter roots or squashes (parsnip, rutabagas, turnip)
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1 c.....Acorn squash, cubed	½ md..Potato (purple, red, sweet, white, yellow)
1 c.....Butternut squash, cubed	
⅓ c.....Plantain (½ whole)	½ c....Potatoes, mashed

1 Serving = 80 calories, 15 g carbs

ELIMINATE

Corn

Fruits (No sugar added)

Servings / day

1 sm..Apple	2 sm..Mandarins	1 c....Raspberries
¾ c....Blackberries	1 sm..Orange	1¼ c..Strawberries
¾ c....Blueberries	1 c....Papaya	2 sm..Tangerines
12.....Cherries	¾ c....Pineapple	
15.....Grapes	1 sm..Pomegranate	

½ c....Applesauce (unsweetened)	1 c....Ground cherries (cape gooseberry)	1 sm..Peach
4.....Apricots, fresh	½ md.Grapefruit (or ¾ c sections)	1 sm..Pear
½.....Banana, med	1 md..Kiwi	2 sm..Plums
3.....Dates or figs	½ sm.Mango	3 md..Prunes
2 T....Dried fruit (no sulfites)	1 c....Melon	2 T....Raisins
2 T....Goji berries (dried)	1 sm..Nectarine	

1 Serving = 60 calories, 15 g carbs

Gluten-Free Grains

Servings / day

2.....Brown rice cakes	3-4.....Crackers, gluten free (nut, seed, rice)
½ c....Buckwheat / Kasha, cooked	½ c....Millet, cooked
	½ c....Quinoa

¾ c....Amaranth, cooked	½ c....Oats, cooked (rolled or steel cut, certified gluten-free)
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1 Serving = 75-110 calories, 15 g carbs

ELIMINATE

Barley	Rye	Triticale
Corn	Spelt	Wheat