

Detox Food Plan

Proteins

Proteins

Servings/day _____

Lean, free-range, grass-fed, organically grown animal protein; non-GMO, organic plant protein; and wild-caught, low-mercury fish. Avoid canned meats.

Animal Proteins:

Egg—1 whole egg or 2 egg whites
Fish: anchovy*, halibut, herring*, sablefish, salmon*, sardines*, etc.—1 oz
Meat: Beef, buffalo, elk, lamb, venison, other wild game—1 oz
Poultry (skinless): Chicken, duck, pheasant, turkey—1 oz

Plant Proteins:

Tofu (firm/extra firm)*—1.5-2 oz
Tofu (soft/silken)*—3 oz
Tempeh*—½ c
Spirulina—2 T

1 serving as listed = 35-75 calories, 5-7 g protein, 3-5 g fat, 0-4 g carbs

Average cooked meat serving is 3-4 oz (size of deck of cards).

Legumes

Proteins/Carbs

Servings/day _____

Organic, non-GMO

Bean soups—¾ c	Flour, legume—¼ c
Black soybeans (cooked)*—½ c	Green peas (cooked)—½ c
Dried beans, lentils, peas (cooked)—½ c	Hummus or other bean dips—½ c
Edamame (cooked)*—½ c	Refried beans, vegetarian—½ c

1 serving = 110 calories, 15 g carbs, 7 g protein

Dairy & Alternatives

Proteins/Carbs

Servings/day _____

Unsweetened, organic

Kefir, coconut or soy*—4-6 oz	Milk (homemade preferred):
Yogurt: Coconut or soy* (cultured)—4-6 oz	Almond, coconut, flaxseed, hazelnut, hemp, nut, oat, soy*—8 oz

1 serving = 50-100 calories, 12 g carbs, 7 g protein

Nuts & Seeds

Proteins/Fats

Servings/day _____

Unsweetened, unsalted, organic

Almonds—6	Pecan halves—4
Brazil nuts—2	Pine nuts—1 T
Cashews—6	Pistachios—16
Chia seeds—1 T	Pumpkin seeds—1 T
Coconut (dried)—3 T	Sesame seeds*—1 T
Flaxseed (ground)*—2 T	Soy nuts*—2 T
Hazelnuts—5	Sunflower seed kernels—1 t
Hemp seeds—1 T	Walnut halves—4
Macadamias—2-3	
Nut and seed butters—½ T	

1 serving = 45 calories, 5 g fat

Fats & Oils

Fats

Servings/day _____

Minimally refined, cold-pressed, organic, non-GMO

Avocado*—2 T or ⅓ whole	Oils, cooking: Avocado*, coconut, grapeseed, olive (extra virgin)*, sesame*—1 t
Coconut milk, regular (canned)—1½ T	Oils, salad: Almond, avocado*, canola, flaxseed*, grapeseed, hempseed*, olive (extra virgin)*, pumpkin seed*, rice bran*, safflower (high-oleic), sesame*, sunflower (high-oleic), walnut—1 t
Coconut milk, light (canned)—3 T	
Ghee/clarified butter—1 t	
Olives: Black, green, kalamata—8	

1 serving = 45 calories, 5 g fat

***Items with asterisks and highlighted in teal indicate preferred therapeutic foods**

Nutritional amounts are based on average values for the variety of foods within each food category. Dietary prescription is subject to the discretion of the health practitioner.

This food plan should be followed under the supervision of a qualified healthcare professional.

Vegetables Non-starchy

Carbs

Servings/day _____

Organic, non-GMO

Cruciferous:

Arugula*
Bok choy*
Broccoli*, broccoli sprouts*
Brussels sprouts*
Cabbage
Cauliflower*
Collard greens*
Kale*
Kohlrabi*
Mustard greens*
Radishes*
Rutabaga*
Turnips, turnip greens*
Watercress*

Leafy Greens:

Chard/Swiss chard*
Endive*
Greens: beet, spinach, lettuce*
Fresh herbs: cilantro, parsley*
Radicchio*

Allium:

Chives*
Garlic*
Leeks*
Onion*
Scallions*
Shallots*

Other Non-Starchy Vegetables:

Artichokes
Asparagus
Bean sprouts
Beets
Carrots
Celery
Cucumbers
Eggplant
Fennel
Fermented vegetables
Green beans
Mushrooms
Nopales
Peppers, all
Salsa
Sea vegetables
Snap peas/snow peas
Squash: spaghetti, yellow, zucchini, etc.
Tomatillo
Tomato
Vegetable juice— $\frac{3}{4}$ c

1 serving = $\frac{1}{2}$ c, 1 c raw greens = 25 calories, 5 g carbs

Vegetables Starchy

Carbs

Servings/day _____

Organic, non-GMO

Acorn squash (cubed)—1 c
Butternut squash (cubed)—1 c
Parsnip— $\frac{1}{2}$ c

Plantain— $\frac{1}{3}$ c or $\frac{1}{2}$ whole
Potato: Purple, red, sweet, yellow— $\frac{1}{2}$ med

1 serving = 80 calories, 15 g carbs

Fruits

Carbs

Servings/day _____

Unsweetened, unsalted, organic, no sugar added

Apple—1 sm
Applesauce— $\frac{1}{2}$ c
Apricots—4
Banana— $\frac{1}{2}$ med
Blackberries— $\frac{3}{4}$ c
Blueberries— $\frac{3}{4}$ c
Cherries—12
Dried fruit (no sulfites)—2 T
Figs—3
Grapefruit*— $\frac{1}{2}$ med
Grapes—15
Kiwi—1 med
Mandarins*—2 sm
Mango— $\frac{1}{2}$ sm
Melon, all—1 c
Nectarine—1 sm
Orange—1 sm
Papaya—1 c
Peach—1
Pear—1 sm
Pineapple— $\frac{3}{4}$ c
Plums—2 sm
Pomegranate seeds— $\frac{1}{2}$ c
Raisins—2 T
Raspberries—1 c
Rhubarb— $\frac{1}{2}$ c
Strawberries— $1\frac{1}{4}$ c
Tangerines*—2 sm

1 serving = 60 calories, 15 g carbs

Gluten-Free Grains

Carbs

Servings/day _____

Unsweetened, sprouted and organic

Amaranth— $\frac{3}{4}$ c
Brown rice cakes—2
Buckwheat/kasha— $\frac{1}{2}$ c
Crackers (nut, seed, rice)—3-4
Millet— $\frac{3}{4}$ c
Oats: rolled or steel-cut— $\frac{1}{2}$ c
Quinoa— $\frac{1}{2}$ c
Rice: Basmati, black, brown, purple, red, wild— $\frac{1}{2}$ c
Teff— $\frac{3}{4}$ c

All grain servings are for cooked amounts. 1 serving = 75-110 calories, 15 g carbs.

Beverages, Spices & Condiments

Filtered water (with lemon or lime juice)
Sparkling/mineral water
Fresh juiced fruits/vegetables
Coffee
Kombucha (no added sweeteners)
Tea: black, dandelion, green*, herbal, etc.

Herbs and spices*: curry, dill, ginger, garlic, rosemary, turmeric, etc.
Condiments: Lemon/lime juice, miso, mustard, tamari, vinegars, etc.—use sparingly, suggest 1 T or less per serving

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