



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 or 2 egg whites
- Fish: **Anchovy, halibut, herring, mackerel, rainbow trout, sablefish, salmon, sardines, etc.**—1 oz
- Meat: Beef, buffalo, elk, lamb, venison, other wild game—1 oz
- Poultry (skinless): Chicken, Cornish hen, duck, pheasant, turkey—1 oz

Plant Protein:

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

Average protein serving is 3–4 oz (size of palm of hand).

- Tofu** (firm/extra firm)—1½–2 oz
- Tofu** (soft/silken)—3 oz
- Tempeh**—½ c
- Spirulina**—2 T
- Protein Powder:**
- Check label for # grams/scoop (1 protein serving = 7g)
Egg, **hemp**, pea, rice, **soy protein isolate**, whey

LEGUMES

Proteins/Carbs

Servings/day _____

Organic, non-GMO

- Bean soups—¾ c
- Black soybeans** (cooked)—½ c
- Dried peas, beans, or lentils (cooked)—½ c
- Flour, legume—¼ c
- Edamame** (cooked)—½ c
- Green Peas (cooked)—½ c

- Hummus or other bean dips—⅓ 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
 - Yogurt, coconut or **soy** (cultured)—4–6 oz
 - Milk (homemade preferred): 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
 - Brazil nuts**—2
 - Cashews**—6
 - Chia seeds**—1 T
 - Coconut** (dried)—3 T
 - Flaxseed, ground**—2 T
 - Hazelnuts**—5
 - Hemp seeds**—1 T
 - Macadamias—2–3
 - Nut and seed butters**—½ T
 - Pecan halves**—4
 - Pine nuts**—1 T
 - Pistachios**—16
 - Pumpkin seeds**—1 T
 - Sunflower seed kernels**—1 t
 - Sesame seeds**—1 T
 - Soy nuts**—2 T
 - Walnut halves**—4
- 1 serving = 45 calories, 5 g fat

FATS & OILS

Fats

Servings/day _____

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

- Avocado**—2 T or ⅛ whole
- Coconut milk, regular (canned)—1½ T
- Coconut milk, light (canned)—3 T
- Ghee/clarified butter**—1 t
- Oils, cooking: **Avocado, clarified butter, coconut, grapeseed, olive (extra virgin), sesame**—1 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
- Olives: Black, green, kalamata—8

1 serving = 45 calories, 5 g fat

Items in blue indicate preferred therapeutic foods

Notes: 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.



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VEGETABLES Non-starchy

Carbs

Servings/day _____

Brassicales (i.e., Cruciferous)

- Arugula
- Broccoli
- Broccoli sprouts
- Brussels sprouts
- Cabbage
- Cauliflower
- Horseradish
- Kohlrabi
- Radishes

Detoxifying Leafy Greens

- Bok choy
- Chard/Swiss chard
- Chervil
- Cilantro
- Endive
- Escarole
- Greens: Beet, collard, dandelion, kale, mustard turnip
- Microgreens
- Parsley
- Radicchio

Thiols

- Chives
- Daikon radishes
- Garlic
- Leeks
- Onion
- Scallions
- Shallots

Liver & Kidney Support

- Artichokes
- Asparagus
- Beets, cubed
- Celeriac root
- Celery
- Sprouts, all

Other Non-Starchy Vegetables

- Bamboo shoots
- Bean sprouts
- Carrots
- Cucumbers
- Eggplant
- Fennel
- Fermented Vegetables
- Green beans
- Jicama
- Lettuce, all
- Mushrooms
- Okra
- Peppers, all
- Salsa
- Sea vegetables

Organic, non-GMO fruits, vegetables, herbs and spices

- Snap peas/snow peas
- Spinach
- Squash: Delicata, pumpkin, spaghetti, yellow, zucchini, etc.
- Tomato
- Tomato juice— $\frac{3}{4}$ c
- Turnip
- Vegetable juice— $\frac{3}{4}$ c
- Watercress

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

VEGETABLES Starchy

Carbs

Servings/day _____

- Acorn squash (cubed)—1 c
- Butternut squash (cubed)—1 c
- Plantain— $\frac{1}{3}$ c or $\frac{1}{2}$ whole
- Potato: Purple, red, sweet, yellow— $\frac{1}{2}$ med
- Root vegetables: Parsnip, rutabaga— $\frac{1}{2}$ c

1 serving = 80 calories, 15 g carbs

FRUITS

Carbs

Servings/day _____

Unsweetened, no sugar added

- Apple—1 sm
- Applesauce— $\frac{1}{2}$ c
- Apricots—4
- Banana, med— $\frac{1}{2}$
- Blackberries— $\frac{3}{4}$ c
- Blueberries— $\frac{3}{4}$ c
- Cherries, all—12
- Dried fruit (no sulfites)—2 T
- Figs—3
- Grapes: Purple, green—15
- Grapefruit— $\frac{1}{2}$ med
- 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 sm
- Pear—1 sm
- Pineapple— $\frac{3}{4}$ c
- Plums—2 sm
- Pomegranate seeds— $\frac{1}{2}$ c
- Prunes—3 med
- 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, 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, jasmine— $\frac{1}{3}$ c
- Teff— $\frac{3}{4}$ c

1 serving = 75-110 calories, 15 g carbs

All grain servings are for cooked amounts.

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, 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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