

Detox Food Plan

Metric
System

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.—30 g
Meat: Beef, buffalo, elk, lamb, venison, other wild game—30 g
Poultry (skinless): chicken, duck, pheasant, turkey—30 g

Plant Proteins:

Tofu (firm/extra firm)*—40-60 g
Tofu (soft/silken)*—85 g
Tempeh*—85 g
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 85-113 g (size of deck of cards).

Legumes Proteins/Carbs

Servings/day _____

Organic, non-GMO

Bean soups—185 ml
Black soybeans (cooked)*—86 g
Dried beans, lentils, peas (cooked)—40 g
Edamame (cooked)*—77 g

Flour, legume—25 g
Green peas (cooked)—80 g
Hummus or other bean dips—82 g
Refried beans, vegetarian—120 g

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

Dairy & Alternatives Proteins/Carbs

Servings/day _____

Unsweetened, organic

Kefir, coconut or soy*—115-175 g
Yogurt: coconut or soy* (cultured)—115-175 g

Milk (homemade preferred): almond, coconut, flaxseed, hazelnut, hemp, nut, oat, soy*—225 g

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
Sesame seeds*—1 T
Soy nuts*—2 T
Sunflower seed kernels—1 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 ⅓ whole
Coconut milk, regular (canned)—1½ T
Coconut milk, light (canned)—3 T
Ghee/clarified butter—1 t
Olives: black, green, kalamata—8

Oils, cooking: avocado*, 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

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—185 ml

1 serving = ½ c, 1 c raw greens = 25 calories, 5 g carbs

Vegetables Starchy Carbs

Servings/day _____

Organic, non-GMO

Acorn squash (cubed)—140 g
Butternut squash (cubed)—140 g
Parsnip—50 g or ½ whole

Plantain—50 g or ½ whole
Potato: purple, red, sweet, yellow—½ med

1 serving = 80 calories, 15 g carbs

Fruits Carbs

Servings/day _____

Unsweetened, unsalted, organic, no sugar added

Apple—1 sm
Applesauce—127 g
Apricots—4
Banana—½ med
Blackberries—110 g
Blueberries—110 g
Cherries—12
Dried fruit (no sulfites)—2 T
Figs—3
Grapefruit*—½ med
Grapes—15
Kiwi—1 med
Mandarins*—2 sm
Mango—½ sm
Melon, all—175 g
Nectarine—1 sm
Orange—1 sm
Papaya—140 g
Peach—1 sm
Pear—1 sm
Pineapple—120 g
Plums—2 sm
Pomegranate seeds—85 g
Raisins—2 T
Raspberries—120 g
Rhubarb—60 g
Strawberries—190 g
Tangerines*—2 sm

1 serving = 60 calories, 15 g carbs

Gluten-Free Grains Carbs

Servings/day _____

Unsweetened, sprouted and organic

Amaranth—184 g
Brown rice cakes—2
Buckwheat/kasha—84 g
Crackers (nut, seed, rice)—3-4
Millet—130 g
Oats: rolled or steel-cut—155 g
Quinoa—90 g
Rice: basmati, black, brown, purple, red, wild—65 g
Teff—189 g

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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