

## List of Allowed Foods: What You Can Eat!

1. **Fresh Berries:** All fresh berries, organic is best. See Glycemic loadlist for best fruits for stabilizing blood sugars.
2. **Fresh Vegetables:** All fresh vegetables (excluding white potatoes if weight loss is your goal). Great detox foods include broccoli, cauliflower, brussel sprouts, spinach, onions, garlic, artichokes, beets, red and green vegetables (organic is best). Rice: Brown or basmati rice or any rice that is not enriched is acceptable.
3. **Other Grains:** Quinoa, amaranth, millet, and buckwheat can be used instead of rice. They can be purchased at a health food store. Corn meal, steel-cut oatmeal or old-fashioned oats are acceptable as well.
4. **Beans:** Split yellow and green peas and lentils are easiest to digest and require the least soaking time. Other acceptable legumes include kidney beans, pinto beans, mung beans, black beans, edamame, navy, white, garbanzo beans (chickpeas) and adzuki beans.
5. **Nuts, Seeds & Healthy Fats:** Unsalted raw nuts, seeds and almond nut butter can be spread over any meal; includes flaxseed, pumpkin seeds, sesame seeds, sunflower seeds, almonds, macadamias, cashews, walnuts and any raw nuts or seeds. Avoid peanuts and soy nuts. Avocado and olives are healthy fats and may be consumed.
6. **Oils:** Extra-virgin olive oil, flaxseed oil, canola oil, coconut oil, grapeseed oil, cod liver oil are all good as is most natural oils. For cooking purposes the smoke point or flash point at which combustion occurs is highest in avocado oil (520 F) and refined safflower oil (510 F) so keep this in mind when cooking at high temperatures. Grapeseed oil is also a favorite at 420 F. EVOO and flaxseed oil are good choices for dressings.
7. **Condiments:** Vegetable salt, sea salt, vinegar, Bragg's Amino Acids, naturally fermented soy sauce or tamari, any culinary herbs or spices, agave nectar or limited amounts of honey.
8. **Other Beverages:** Water, lemon/fruit flavored water, 100% natural fruit and vegetable juices (fresh juiced is best), almond milk and rice milk are good choices.
9. **Fish:** Fresh fish can be eaten 3-5 x during the first 10 days. Cold water fish is best such as salmon, sardines, tuna, trout, black cod, anchovies and herring.
10. **Animal products:** Any organic poultry or organic eggs may be consumed 3-5 x during the first 10 days. All other animal products should be avoided or greatly reduced.

### Daily Detox Reminders:

- Drink a minimum of half your body weight in ounces of water, warm or room temperature. Water is essential to clear waste from the blood. Thirst is often mistaken for hunger.
- Do not drink liquids around mealtime.
- Take the time to chew food well, especially grains.