



FOODS TO EAT

Before and During Detox (7-Day)

FRUITS

Apples, Apricots, Bananas, Berries, Cherries, Cucumbers, Dates, Figs, Grapes, Grapefruit, Lemons, Limes, All Melons, Mangoes, Nectarines, Oranges, Peaches, Plums, Pineapples, Pears, Persimmons, Tomatoes.

VEGGIES

Asparagus, Beets, Bell Peppers, Bok Choy, Broccoli, Brussels Sprouts, Cabbage, Cauliflower, Celery, Collards, Corn (fresh), Dandelion Greens, Eggplant, Flax seed, Garlic, Green foods(Algae, Spirulina, Chlorella), Green Peas, Green Beans, Kale Greens, Kohlrabi, Leeks, Lettuce, Mustard Greens, Jicama Mushrooms, Okra, Onions, Peppers, Purslane, Quinoa, Radishes, Rhubarb, Seaweeds (Nori, Dulse, Kelp, Wakame, etc.), Shallots, Spinach (raw), Sprouts, Squash (summer), Turnip Greens, Vegetable Broths and Soups, Watercress, Wheat Grass juice.

Avocados, Apple Cider, Vinegar (raw), Extra Virgin Olive Oil, Garlic, Maple Syrup, Parsley

FOODS TO AVOID

Alcohol, Arrowroot Powder, Aspirin, Barley, Black Pepper, Cake, Canned or Frozen Food, Cereals, Chick Peas, Dairy Products including Butter and Ice Cream, Eggs, Grains (EXCEPT Starch-less ones), Honey, Legumes, Lentils, Mustard, Niacin, Oatmeal, Nuts, Pasta, Popcorn, Rice, Salt, Seeds, Soda, Soft drinks, Sugar-All Forms (Any Ingredient ending -ose), Stimulates, Tofu, and Soy Products, Vinegar (distilled), Cigarettes.

All Wheat products including Germs, and Bran All Preservatives, Artificial colors, and Flavors - **NO Processed Foods NO High Protein Food NO Starch ABSOLUTELY NO ANIMAL OR ANIMAL BY-PRODUCTS**

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