

OPTIMAL FOOD CHOICES

To be followed for the entire 28 day detoxification program

OPTIMAL PROTEIN CHOICES:

- Organic/Hormone-Free Chicken and Poultry
- Lamb
- Cold Water Fish (salmon, halibut, cod, mackerel, tuna - choose wild ocean fish over farm raised fish)
- Organic Eggs
- Beans

OPTIMAL FAT CHOICES:

- Flaxseed and Walnut Oils
- Extra Virgin Olive Oil
- Organic Coconut Milk/Oil
- Avocado
- Raw Nuts and Seeds

GLUTEN FREE GRAINS:

- Quinoa Flakes or Pasta
- Millet
- Brown and/or Wild Rice
- Amaranth

BEVERAGES:

- Herbal Teas
- Spring Water
- Vegetable Juices
- Unsweetened Almond Milk or Rice Milk
- Chicken or Vegetable Broth

OPTIMAL NON-STARCHY VEGETABLE CHOICES:

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| • Arugula | • Collard greens | • Mustard greens |
| • Asparagus | • Coriander | • Onions |
| • Bamboo shoots | • Cucumber | • Parsley |
| • Bean sprouts | • Dandelion greens | • Radishes |
| • Beet greens | • Eggplant | • Radicchio |
| • Bell peppers
(red, yellow, green) | • Endive | • Snap beans |
| • Broadbeans | • Fennel | • Snow peas |
| • Broccoli | • Garlic | • Shallots |
| • Brussels sprouts | • Ginger root | • Spinach |
| • Cabbage | • Green beans | • Spaghetti squash |
| • Cassava | • Hearts of palm | • Summer squash |
| • Cauliflower | • Jicama (raw) | • Swiss chard |
| • Celery | • Jalapeno peppers | • Tomatoes |
| • Chayote fruit | • Kale | • Turnip greens |
| • Chicory | • Kohlrabi | • Watercress |
| • Chives | • Lettuce | |

HIGH FIBER STARCHY CARBOHYDRATE CHOICES:

- Squash (acorn, butternut, winter)
- Artichokes
- Leeks
- Lima beans
- Okra
- Pumpkin
- Sweet potatoes or yams
- Turnip
- Legumes
- Black beans
- Adzuki beans
- Buckwheat
- Chick peas (garbanzo)
- Cowpeas
- French beans
- Great Northern beans
- Kidney beans
- Lentils
- Mung beans
- Navy beans
- Pinto beans
- Split peas
- White beans
- Yellow beans

FRUIT CHOICES:

Low Glycemic Index:

- Berries (blackberries, blueberries, boysenberries, elderberries, gooseberries, loganberries, raspberries, strawberries)

Moderate Glycemic Index:

- Cherries
- Pears
- Fresh apricots
- Melons
- Oranges
- Peaches
- Plums
- Grapefruit
- Pitted Prunes
- Apples
- Plums
- Kiwi fruit
- Lemons
- Limes
- Nectarines
- Tangerines
- Passion Fruit
- Persimmons
- Pomegranates

High Glycemic Index (*eat sparingly, or after a workout*):

- Banana
- Pineapple
- Grapes
- Watermelon
- Mango
- Papaya

MISC. SNACK CHOICES:

- Bob's Red Mill Gluten Free Hot Cereal
- Organic Rice Cakes
- Rice or Gluten Free Crackers
- Hummus (Chick Pea Spread)
- Almond or Walnut Butter

CONDIMENTS:

- Lemon
- Lime
- Cayenne Pepper
- Sea Salt
- Garlic
- Fresh Herbs and Spices