

OPTIMAL FOOD CHOICES

To be followed for the detoxification program

OPTIMAL PROTEIN CHOICES:

- Organic/Hormone-Free Chicken, turkey, lamb & beef
- Cold Water Fish (salmon, halibut, cod, mackerel, tuna - choose wild ocean fish over farm raised fish)
- Wild game
- Organic Eggs
- Organic legumes

OPTIMAL FAT CHOICES:

- Flaxseed and Walnut Oils
- Extra Virgin Olive Oil
- Organic Coconut Oil
- Hempseed oil
- Avocado
- Raw Nuts and Seeds
- organic cultured butter
- ghee

OPTIMAL FRUIT CHOICES:

Low Glycemic Index:

- Berries (blueberries, raspberries, strawberries)

OPTIMAL NON-STARCHY VEGETABLE CHOICES:

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

ACCEPTABLE FOOD CHOICES

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

MODERATE GLYCEMIC INDEX FRUIT CHOICES:

- Cherries
- Pears
- apricots
- Melons
- Plums
- Oranges
- Peaches
- Grapefruit
- Prunes
- Apples
- Kiwi fruit
- Nectarines
- Tangerines

HIGH GLYCEMIC INDEX FRUIT CHOICES:

(eat sparingly, or after a workout):

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

GLUTEN FREE GRAINS:

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

OTHER FOOD CHOICES

SNACKS:

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

BEVERAGES:

- Herbal Teas
- Naturally decaffeinated green tea
- Spring Water
- Vegetable Juices
- Coconut water

CONDIMENTS:

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