

① Phase 1: Detox



YES & NO FOOD LIST

Below are the foods to avoid and include during Phase 1. We suggest printing out this list and posting it to your refrigerator.

YES

Meats:

Homemade Chicken Stock
Homemade Lamb Stock

Vegetables

(juiced, or pureed in smoothies or soups):

Avocados
Beets
Bok Choy
Broccoli
Cabbage
Carrots
Cauliflower
Celeriac
Celery
Chard
Cilantro (Coriander)
Collard Greens
Cucumber
Fennel
Garlic
Ginger root
Jerusalem Artichoke (Sunchoke)
Kale
Lettuce (all varieties except iceberg)
Mizuna
Mushrooms
Mustard Greens
Onions
Parsley
Parsnip
Pumpkin
Rutabaga
Spinach
Sweet Potatoes
String Beans
Turnips
Winter Squash (all varieties)
Watercress
Yams
Zucchini

Fruits

(pureed in smoothies or juiced):

Apples
Apricots (fresh only)
Bananas
Berries (blueberries, blackberries, raspberries)
Cherries
Figs (fresh only)
Grapes
Melons
Nectarines and Peaches
Pears

Pineapple

Papayas
Plums
Pomegranates

Sea Vegetables:

Nori
Kombu
Hijiki
Arame
Dulse

Oils:

Extra Virgin Olive Oil
Virgin Coconut Oil

Herbal Teas:

Chamomile
Nettle
Mint
Rose
Tulsi (holy basil)
Rooibos
Dandelion Root
Slippery Elm
Licorice
Atragalus
Burdock

Herbs & Spices:

Allspice
Anise
Bay leaves
Black pepper (only freshly ground)
Cumin
Coriander
Cinnamon
Turmeric
Ginger Powder
Nutmeg
Cloves
Oregano
Thyme
Basil
Dill

Other Ingredients:

Raw Organic Apple Cider Vinegar
Raw Organic Coconut Vinegar
Raw Coconut Vinegar
Fresh Coconut Water
Fresh Coconut Meat
Raw Coconut Butter
Raw Apple Cider Vinegar

NO

Grains:

All

Legumes:

All

Dairy:

Milk
Cream
Yogurt
Cheese
Butter and Ghee
Whey
Ice Cream
Sour Cream
Cream Cheese
Cottage Cheese
Evaporated Milk
Whipped Cream
Sweetened Condensed Milk

Eggs:

Chicken Eggs
Duck Eggs
Liquid Eggs
Meringue

Meat & Fish:

All (except Homemade Chicken Stock)

Soy:

Soy Milk
Soy Oil
Soy Protein Isolate
Soy Protein Powder
Textured Vegetable Protein
Tofu
Tempeh
Tamari and Soy Sauce
Soy Lecithin
Vitamin E

Corn:

Corn on the Cob
Frozen Corn
Corn Tortillas
Hominy
Grits
Masa
Polenta
Cornmeal
Corn Flour

Cornstarch

Baking Powder
Dextrose
Sorbitol
Maltodextrin
Food Starch
Vegetable Starch
Vegetable Gum
Vegetable Protein
High Fructose Corn Syrup
Xanthan Gum

Yeast:

Baker's Yeast
Nutritional Yeast
Brewer's Yeast
Autolyzed Yeast Extract
Vinegars (all except for raw apple cider and coconut vinegars)

Nuts & Seeds:

All

Citrus:

Oranges
Lemons
Limes
Grapefruit
Tangerines
Satsumas
Orange Juice
Lemonade

Nightshade Vegetables:

Tomatoes
Tomatillos
Peppers (sweet and hot)
Eggplant
Potatoes
Goji Berries
Hot Sauce
Cayenne Pepper
Curry Powder
Mexican Seasoning
Taco Seasoning
Chili Powder
Chipotle Chili Powder

Sugar:

Cane Sugar
Sucanat
Agave Nectar
Coconut Sugar
Coconut Nectar
Pure Maple Syrup
Raw Honey

Other Foods:

Kiwi
Alcohol
Caffeine
Chocolate
Refined Vegetable Oils

