**Detox Food Plan**

### PROTEINS

<table>
<thead>
<tr>
<th>Servings/day</th>
<th>Animal Proteins</th>
<th>Plant Protein</th>
<th>Nuts &amp; Seeds</th>
<th>Legumes</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>□ Egg—1; 2 egg whites; or ½ c egg substitute</td>
<td>□ Burger alternatives (nongluten): Bean, mushroom, soy, veggie—1 oz</td>
<td>□ Check label for # grams/scoop (1 protein serving = 7g protein)</td>
<td>□ Bean soups—¼ c</td>
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<td></td>
<td>□ Fish: Halibut, herrings, mackerel, salmon, sardines, tuna, etc.—1 oz</td>
<td>□ Tofu, tempeh—½ c</td>
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<td>□ Black soybeans (cooked)—½ c</td>
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<tr>
<td></td>
<td>□ Meat: Beef, buffalo, elk, lamb, venison, other wild game—1 oz</td>
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<td>□ Dried peas, beans, or lentils (cooked)—½ c</td>
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<td></td>
<td>□ Poultry (skinless chicken, turkey, Cornish hen)—1 oz</td>
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<td>□ Flour, legume—¼ c</td>
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</tbody>
</table>

1 oz serving = 35-75 calories, 7 g protein

### DAIRY ALTERNATIVES

<table>
<thead>
<tr>
<th>Servings/day</th>
<th>Unsweetened</th>
<th>Milk: Almond, coconut, flaxseed, hazelnut, hemp, nut, oat, soy—8 oz</th>
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<tbody>
<tr>
<td></td>
<td>□ Coconut kefir—½ c</td>
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<td></td>
<td>□ Coconut yogurt (cultured coconut milk)—½ c</td>
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<td></td>
<td>□ Soy yogurt (plain, non-fat)—6 oz</td>
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1 serving = 50-100 calories, 12 g carbs, 7 g protein

### NUTS & SEEDS

<table>
<thead>
<tr>
<th>Servings/day</th>
<th>Mixed nuts—6</th>
<th>Pecan halves—4</th>
<th>Pine nuts—1 T</th>
<th>Pistachios—16</th>
<th>Pumpkin seeds—1 T</th>
<th>Sunflower seed kernels—1 t</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>□ Almonds—6</td>
<td>□ Cashews—6</td>
<td>□ Chia seeds—1 T</td>
<td>□ Coconut, dried flakes (unsweetened)—3 T</td>
<td>□ Flaxseed, ground—2 T</td>
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<td></td>
<td>□ Brazil nuts—2</td>
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<tr>
<td></td>
<td>□ Hazelnuts—5</td>
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<td></td>
<td>□ Hemp seeds—1 T</td>
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<td></td>
<td>□ Nut and seed butters—½ T</td>
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</table>

1 serving = 45 calories, 5 g fat

### LEGUMES

<table>
<thead>
<tr>
<th>Servings/day</th>
<th>Edamame (cooked)—½ c</th>
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<tr>
<td></td>
<td>□ Green Peas (cooked)—½ c</td>
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<td></td>
<td>□ Hummus or other bean dips—½ c</td>
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<td></td>
<td>□ Refried beans, vegetarian—½ c</td>
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</tbody>
</table>

1 serving = 110 calories, 15 g carbs, 7 g protein

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**Notes:** Nutritional amounts are based on average values for the variety of foods within each food category. Dietary prescription is subject to the discretion of the health practitioner.
### VEGETABLES Non-starchy Carbs

<table>
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#### Brassicales (i.e., Cruciferous)
- Arugula
- Broccoli
- Broccoli sprouts
- Brussels sprouts

#### Detoxifying Leafy Greens
- Bok choy
- Chard/Swiss chard
- Chervil
- Cilantro
- Endive
- Escarole

#### Thiols
- Chives
- Daikon radishes
- Garlic
- Leeks

#### Liver & Kidney Support
- Artichokes
- Asparagus
- Celeriac root

#### Other Non-Starchy Vegetables
- Bamboo shoots
- Bean sprouts
- Carrots
- Cucumbers
- Eggplant
- Fennel
- Green beans
- Jicama

### VEGETABLES Starchy Carbs

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#### Starchy Vegetables
- Acorn squash, cubed—1 c
- Beets, cubed—1 c
- Butternut squash, cubed—1 c
- Plantain (½ whole)—½ c
- Potato: Purple, red, sweet, yellow—½ med
- Root vegetables: Parsnip, rutabaga—½ c
- Turnip
- Vegetables, fermented
- Vegetable juice—¼ c
- Watercress

1 serving = 80 calories, 15 g carbs

### Fruits Carbs

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#### Unsweetened, no sugar added
- Apple—1 sm
- Applesauce—½ c
- Apricots, fresh—4
- Banana, med—½
- Blackberries—¼ c
- Blueberries—¼ c
- Cherries, all—12
- Dried fruit (no sulfites)—2 T
- Figs, fresh—3
- Grapes—15
- Grapefruit—½ med
- Kiwi—1 med
- Mandarin—2 sm
- Mango—½ sm
- Melon, all—1 c
- Nectarine—1 sm
- Orange—1 sm
- Papaya—1 c
- Peach—1 sm
- Pear—1 sm
- Pineapple—¼ c
- Plums—2 sm
- Pomegranate seeds—½ c
- Prunes—3 med

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