

Page one represents a wide selection of whole foods that should be part of a balanced eating plan. Think variety in color to guide your daily choices; green, red, yellow, orange, purple.

The second page is a more limited selection intended as a detoxification plan that can be followed periodically.

GRAINS

Gluten Free:
brown rice
quinoa
oats (if specified)
millet
amaranth
buckwheat

Gluten Containing:
Whole Wheat
spelt
kamut
drumun
bulgar
semolina
barley

FRUITS

apples
pears
berries - all
grapes
avocado
bananas
oranges
pineapple
mango
papaya
apricots
coconut
melons
peaches

VEGETABLES

spinach
kale
romaine
red/green lettuce
chard
celery
asparagus
onions
endive
arugula
beets
beet greens

cauliflower
broccoli
Brussels sprouts
beans
peas
peppers:
(red, green, yellow)
carrots
eggplant
squash
tomatoes
sweet potatoes
yams

MEATS

salmon
shrimp
white fish
sardines
anchovies
chicken
turkey
beef
lamb
wild game

DAIRY

whole milk
raw cheese
eggs
kefir
Greek plain yogurt
whole plain yogurt

SPICES

garlic
ginger
cumin
cinnamon
turmeric
basil
oregano
parsley
rosemary

NUTS & SEEDS

almonds
walnuts
pecans
hazelnuts
Brazil
pumpkin seeds
flax seed
sunflower seeds
sesame seeds

BEVERAGES

water
green tea
decaf coffee
juice - fruit only
coconut milk
almond milk
hemp milk

FATS / OILS

Moderate heat:
butter
ghee
coconut oil
peanut oil

Low heat:
olive oil
sesame oil
walnut oil
palm oil

No heat:
safflower oil

Note: You do not see many vegetable oils listed as most are not processed or preserved in a manner that prevents them from becoming rancid. Limit intake of vegetable oils in general and seek a non GMO source.

The more limited selection of foods will allow your body to easily absorb nutrients and remove toxins.

Note: These are only the foods. You should review a healthy approach including a timeframe, with your health care or nutritional guidance provider.

GRAINS

Gluten Free:
brown rice
quinoa
oats (if specified)
millet
amaranth
buckwheat

FRUITS

apples
pears
berries - all
avocado
apricots

VEGETABLES

spinach
kale
romaine
red/green lettuce
chard
celery
asparagus
onions
endive
arugula
beet greens
cauliflower
broccoli
Brussels sprouts
peas
peppers:
(red, green, yellow)
carrots
squash
tomatoes

MEATS

salmon
shrimp
white fish
sardines
anchovies

chicken
turkey

DAIRY

kefir
Greek plain yogurt
whole plain yogurt

SPICES

garlic
ginger
cumin
cinnamon
turmeric
basil
oregano
parsley
rosemary

NUTS & SEEDS

almonds
walnuts
pecans
hazelnuts

BEVERAGES

water
juice - fruit only
coconut milk
almond milk