

10-Day Detox - Foods to Eat & Avoid

Fruits

Eat citrus (except grapefruit), pineapple, apples, apricot, avocado, banana, berries, cherries, grapes, kiwi, mango, melons, nectarine, papaya, pear, peach, plums, etc. — fresh, unsweetened dried, frozen, or canned fruit — limit unsweetened fruit juices

Avoid grapefruit (can alter detoxification enzyme function for up to 72 hours), sweetened fruits, and sweetened fruit juice

Vegetables

Eat arugula, asparagus, artichokes, bean sprouts, bell peppers, bok choy, broccoli, brussels sprouts, cauliflower, celery, cucumber, cabbage, eggplant, endive, escarole, all types of greens and lettuce, green beans, jicama, mushrooms, okra, green peas, radishes, squash, sweet potatoes, taro, turnips, yams, zucchini, etc. — all fresh raw, steamed, grilled, sautéed, roasted, or juiced

Avoid corn, tomato, tomato sauce, and any creamed vegetables

Nuts & Seeds

Eat all nuts except peanuts – almonds, cashews, walnuts, pumpkin seeds, sunflower seeds, etc. – whole or as nut butter

Avoid peanuts, peanut butter, and peanut oil

Dairy

Eat milk substitutes such as rice milk, oat milk, coconut milk, almond or other nut milk, and egg substitutes

Avoid milk, cheese, cottage cheese, cream, butter, yogurt, ice cream, non-dairy creamers, soy milk, and eggs

Beverages

Drink filtered or distilled water, decaffeinated tea, decaffeinated green tea, herbal tea, pure fruit juices, and mineral water

Avoid sodas and soft drinks (including sugar-free), alcoholic beverages, sweetened fruit juice, coffee, tea, and any other caffeinated beverages

Meat & Fish

Eat salmon, halibut, sole, mahi mahi, cod, snapper, etc., chicken, turkey, lamb, and wild game (venison, buffalo, elk, etc.)

Avoid tuna and swordfish, shellfish, beef, pork, cold cuts, hot dogs, sausage, and canned meats

Breads & Starches

Eat rice (white, brown, sushi, wild), potatoes, oats (gluten-free), quinoa, millet, tapioca, amaranth, and buckwheat

Avoid corn, plus all gluten-containing products including wheat, spelt, kamut, barley, and rye

Legumes

Eat all legumes including peas and lentils (except soybeans) — beans provide an excellent source of protein

Avoid soybeans, tofu, tempeh, soy milk, soy sauce, and any other product containing soy proteins

Fats

Eat unrefined virgin oils such as olive oil, flaxseed, coconut, sunflower, sesame, walnut, hazelnut, avocado oil, and pumpkin seed

Avoid margarine, butter, shortening, any processed or hydrogenated oils, peanut oil, mayonnaise

Sweeteners

Eat brown rice syrup (gluten-free), chicory syrup, stevia, blackstrap molasses, monk fruit, pure maple syrup, honey, and evaporated cane juice sugar

Avoid white / refined sugar, high fructose corn syrup, and corn syrup

Spices & Condiments

Eat vinegars such as apple cider vinegar (except grain source), wasabi, mustard, horseradish, pesto (cheese free), and all spices

Avoid ketchup, relish, soy sauce, BBQ sauce, chutney, etc.