

10-DAY DETOX DIET

The Food List

FRESH FRUITS AND VEGETABLES

- Choose organic, seasonal, local produce whenever possible. Sometimes organic fruits and vegetables are best purchased frozen during winter months.

- What to Choose:

Fruits - 1/2 cup berries or 1 kiwi in morning shake:

Blackberries
Blueberries
Cranberries
Kiwi
Lemons
Limes
Raspberries
Strawberries

Non-starchy Vegetables - (unlimited!)

Artichoke	Endive	Rutabaga
Arugula	Garlic	Seaweed
Asparagus	Ginger root	Shallots
Avocado	Green beans	Snap beans
Bean sprouts	Hearts of palm	Snow peas
Beet greens	Jalapeno peppers	Spinach
Bell peppers	Kale	Summer squash
Broccoli	Kohlrabi	Swiss chard
Brussels sprouts	Lettuce	Tomatillos
Cabbage	Mushrooms	Tomato
Cauliflower	Mustard greens	Turnips
Celery	Onions	Turnip greens
Chives	Parsley	Watercress
Collards	Peppers (all kinds)	Zucchini
Cucumber	Radicchio	
Dandelion greens	Radish	
Eggplant		

- *Great resources:* Cascadian Farm, Earthbound Farm, Maine Coast Sea Vegetables, Miracle Noodle, Stahlbush Island Farms.

PROTEINS

- **Poultry**
 - Look for organic, grass- or range-fed, antibiotic- and hormone-free
 - Chicken, turkey, duck, pheasant, Cornish game hen
 - *Great resources:* Applegate Farms, Peaceful Pastures, Whole Foods Market, local farmers' markets

- **Seafood**
 - Look for small, wild or sustainably-raised, low-mercury, cold-water fish
 - Anchovies, clams, cod, crab, flounder/sole, herring, halibut, small halibut mussels, salmon (canned or fresh), sardines, , sable, shrimp, scallops
 - *Great resources:* Crown Prince Natural, Vital Choice Seafood, Ecofish, SeaBear
- **Eggs**
 - Choose organic omega-3 eggs from pasture-raised chickens
 - *Great resources:* Organic Valley, Pete & Gerry's Organic Eggs
- **Red Meat**
 - Look for organic, grass- or range-fed, antibiotic- and hormone-free; limit to 4 to 6 ounces, once or twice a week
 - What to Choose:
Lean lamb, beef, buffalo, venison, ostrich, deer, elk, kangaroo
 - *Great resources:* Applegate Farms, Eatwild.org, Peaceful Pastures

FATS

- **Oils**
 - Choose expeller or cold-pressed and unrefined oils
 - What to Choose:
For cooking with high heat: sesame, sunflower, coconut, grapeseed
For cooking with low heat: extra-virgin olive, walnut, flaxseed, avocado
 - *Great resources:* Spectrum Naturals, Artisana Foods, Barlean's Organic Oils
- **Nuts, Seeds, Nut/Seed Butters, and Nut Flours**
 - Preferably raw; avoid those which are cooked in oil or fried
 - What to Choose:
Nuts: Almonds, Brazil nuts, cashews, hazelnuts, macadamia nuts, pecans, pine nuts, pistachios, walnuts
Seeds: Chia, flax, hemp, pumpkin, sesame, sunflower
Nut/Seed Butters: Almond, cashew, pecan, macadamia or walnut butter
Nut Flours: Almond meal, coconut flour
 - *Great resources:* MaraNatha, Once Again Nut Butter, Bob's Red Mill, Artisana, Barlean's Organic Oils, Omega Nutrition, Spectrum Naturals
- **Olives**
- **Avocado**
- **Coconut milk, unsweetened coconut flakes, coconut butter**
Great resources: Pacific, Imagine, Artisana

SEASONINGS, HERBS AND SPICES

- Anything to watch for – like added chemicals, sugars, MSG, etc.?
- Choose from any of the following to enhance your recipes and taste experience:

Seasonings:

Apple cider vinegar
Balsamic vinegar
Mustard (Dijon, Stoneground)
Mustard seed
Rice wine vinegar
Stoneground mustard
Tamari (choose low-sodium,
gluten-free)
White cooking wine

Herbs (fresh or dried):

Basil
Bay leaf
Chives
Cilantro
Dill
Mint
Oregano
Parsley
Rosemary
Sage
Thyme

Spices:

Black pepper
Cacao (preferably raw)
Cayenne pepper
Chili powder/pepper
Chipotle powder
Cinnamon
Coriander
Cumin (whole or ground)
Curry powder
Fennel seed
Garam masala
Garlic powder
Ginger
Nutmeg
Onion powder
Paprika
Red pepper flakes
Sea salt
Sumac
Turmeric

Great Resources: Penzey's Spices, The Spice Hunter, Frontier Natural Products Co-Op, Rapunzel Pure Organics, Seeds of Change, Flavorganics

AND REMEMBER...

NO LEGUMES

NO GRAINS

NO STARCHY VEGETABLES

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