



Detox Food Plan

PROTEINS

Proteins



Lean, free-range, grass-fed, organically grown meats; non-GMO plant proteins; and wild-caught fish preferred. Avoid canned meats.

Animal Proteins:

- Egg**—1; 2 egg whites; or 2/3 c egg substitute
- Fish: Halibut, herring, mackerel, salmon, sardines, tuna, etc.**—1 oz
- Meat: Beef, buffalo, elk, lamb, venison, other wild game**—1 oz
- Miso**—3 T
- Poultry (skinless chicken, turkey, Cornish hen)**—1 oz

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

Plant Protein:

- Burger alternatives (nongluten): Bean, mushroom, soy, veggie**—1 oz
- Tofu, tempeh**—1/2 c
- Check label for # grams/scoop (1 protein serving = 7g protein)
- Egg, hemp, pea, rice, soy, whey protein**

Protein Powder:

LEGUMES

Proteins/Carbs



- Bean soups—3/4 c
- Black soybeans (cooked)**—1/2 c
- Dried peas, beans, or lentils (cooked)—1/2 c
- Flour, legume—1/4 c
- Edamame (cooked)**—1/2 c
- Green Peas (cooked)—1/2 c
- Hummus or other bean dips—1/3 c
- Refried beans, vegetarian—1/2 c

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

DAIRY ALTERNATIVES

Proteins/Carbs

Unsweetened

- Coconut kefir**—1/3 c
- Coconut yogurt (cultured coconut milk)—1/3 c
- Soy yogurt (plain, non-fat)—6 oz
- Milk: Almond, coconut, flaxseed, hazelnut, hemp, nut, oat, soy**—8 oz

1 serving = 50-100 calories, 12 g carbs, 7 g protein

NUTS & SEEDS

Proteins/Fats

- Almonds**—6
- Brazil nuts**—2
- Cashews**—6
- Chia seeds**—1 T
- Coconut, dried flakes (unsweetened)**—3 T
- Flaxseed, ground**—2 T
- Hazelnuts**—5
- Hemp seeds**—1 T
- Nut and seed butters**—1/2 T
- Mixed nuts**—6
- Pecan halves**—4
- Pine nuts**—1 T
- Pistachios**—16
- Pumpkin seeds**—1 T
- Sunflower seed kernels**—1 t
- Sesame seeds**—1 T
- Soy nuts**—2 T
- Walnut halves**—4

1 serving = 45 calories, 4 g fat

FATS & OILS

Minimally refined, cold-pressed, organic, non-GMO preferred

- Avocado**—2 T
- Ghee/clarified butter**—1 t
- Oils cooking: Clarified butter, coconut, olive (extra virgin), sesame**—1 t
- Oils salad: Flaxseed, hempseed, olive (extra virgin), rice bran, sesame**—1 t
- Olives, black or green—8
- Oils cooking: Grapeseed—1 t
- Oils salad: Almond, avocado, canola, grapeseed, high-oleic safflower and sunflower, pumpkin, walnut—1 t

1 serving = 45 calories, 5 g fat

Items in blue indicate preferred therapeutic foods

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.



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VEGETABLES Non-starchy

Carbs

Brassicales (Cruciferous)

- Arugula
- Broccoli
- Broccoli sprouts
- Brussels sprouts
- Cabbage
- Cauliflower
- Horseradish
- Kohlrabi
- Radishes

Detoxifying Leafy Greens

- Bok choy
- Chard/Swiss chard
- Chervil
- Cilantro
- Endive
- Escarole
- Greens (beet, collard, dandelion, kale, mustard turnip)
- Microgreens
- Parsley
- Radicchio

Thiols

- Chives
- Daikon radishes
- Garlic
- Leeks
- Onion
- Scallions
- Shallots

Liver & Kidney Support

- Artichokes
- Asparagus
- Celeriac root
- Celery
- Sprouts, all

Other Non-Starchy Vegetables

- Bamboo shoots
- Bean sprouts
- Carrots
- Cucumbers
- Eggplant
- Fennel
- Green beans
- Jicama
- Lettuce, all
- Mushrooms
- Okra
- Peppers, all
- Salsa
- Sea vegetables
- Snap peas/snow peas
- Spinach

- Squash (delicata, pumpkin, spaghetti, yellow, zucchini)
- Tomato
- Tomato juice— $\frac{3}{4}$ c
- Turnip
- Vegetables, fermented
- Vegetable juice— $\frac{3}{4}$ c
- Watercress

1 serving = $\frac{1}{2}$ c cooked, 1 c raw, 25 calories, 5 g carbs

VEGETABLES Starchy

Carbs

- Acorn squash, cubed—1 c
- Beets, cubed—1 c
- Butternut squash, cubed—1 c
- Plantain ($\frac{1}{2}$ whole)— $\frac{1}{3}$ c
- Potato: Purple, red, sweet, yellow— $\frac{1}{2}$ med
- Root vegetables: Parsnip, rutabaga— $\frac{1}{2}$ c

1 serving = 80 calories, 15 g carbs

FRUITS

Carbs

Unsweetened, no sugar added

- Apple—1 sm
- Applesauce— $\frac{1}{2}$ c
- Apricots, fresh—4
- Banana, med— $\frac{1}{2}$
- Blackberries— $\frac{3}{4}$ c
- Blueberries— $\frac{3}{4}$ c
- Cherries, all—12
- Dried fruit (no sulfites)—2 T
- Figs, fresh—3
- Grapes—15
- Grapefruit— $\frac{1}{2}$ med
- Kiwi—1 med
- Mandarins—2 sm
- Mango— $\frac{1}{2}$ sm
- Melon, all—1 c
- Nectarine—1 sm
- Orange—1 sm
- Papaya—1 c
- Peach—1 sm
- Pear—1 sm
- Pineapple— $\frac{3}{4}$ c
- Plums—2 sm
- Pomegranate seeds— $\frac{1}{2}$ c
- Prunes—3 med

- Raisins—2 T
- Raspberries—1 c
- Strawberries— $1\frac{1}{4}$ c
- Tangerines—2 sm

1 serving = 60 calories, 15 g carbs

GLUTEN-FREE GRAINS

Carbs

- Amaranth (cooked)— $\frac{3}{4}$ c
- Brown rice cakes—2
- Buckwheat/Kasha (cooked)— $\frac{1}{2}$ c
- Crackers (nut, seed, rice)—3-4
- Millet (cooked)— $\frac{3}{4}$ c
- Oats, cooked (rolled or steel-cut)— $\frac{1}{2}$ c
- Quinoa (cooked)— $\frac{1}{2}$ c
- Rice: Basmati, black, brown, purple, red, jasmine— $\frac{1}{3}$ c
- Teff (cooked)— $\frac{3}{4}$ c

1 serving = 75-110 calories, 15 g carbs

BEVERAGES

- Filtered water (with lemon or lime juice)
- Sparkling/mineral water
- Green tea
- Steamed soy milk (organic, unsweetened)
- Fresh juiced fruits/vegetables
- Unsweetened nut/seed milks
- Unsweetened coconut water

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