

Fats & Oils

Servings / day

2 T.....Avocado	1 t.....Oils, cooking or salad: Coconut (virgin), Flax Seed (cold pressed), Grapeseed, Olive (extra virgin)
1½ T...Coconut milk (½ c light)	
8.....Olives, black or green	
1 t.....Butter (2 t. whipped)	1 T.....Pesto (Olive oil)
1 T.....Chocolate, dark (1 oz)	1 t.....Mayonnaise
2 T ...Half and Half	1 T.....Salad dressing made with quality oils
2 T.....Parmesan cheese	
1 t.....Oils, cooking or salad: Almond, Canola, Safflower or Sunflower high oleic oil, Sesame, Walnut	

1 serving = 45 calories, 5 g fat

Nuts & Seeds

Servings / day

6.....Almonds	½ T....Nut butters (shaded nuts only)
2.....Brazil nuts	4.....Pecan halves
3 T.....Coconut (unsweetened)	1 T.....Pine nuts
2 T.....Flax seed, ground	1 T.....Pumpkin seeds
5.....Hazelnuts	1 T.....Sunflower seed kernels
6.....Cashews	16.....Pistachios
6.....Mixed nuts (50% peanuts)	1 T.....Sesame seeds
1 t.....Nut oils	2 t.....Tahini (sesame paste)
10.....Peanuts	

1 serving = 45 calories, 5 g fat

Protein

Servings / day

Animal Proteins (very lean cuts or low-fat)	1 oz...Poultry (skinless chicken, turkey, Cornish hen)
½ oz ..Beef jerky	2sm...Sardines
1.....Egg or 2 egg whites	Plant Protein: (<i>organic, non- GMO preferred</i>)
1 oz...Fish/Shellfish (omega-3 rich: halibut, mackerel, salmon, tuna)	½ c....Tofu, tempeh
1 oz...Meat: beef, buffalo, elk, lamb, pork, veal, venison, wild game	Protein Powder: Check label for #grams/scoop (1 protein serving = 7 g)
Plant Protein: (<i>organic, non- GMO preferred</i>)	Animal Proteins (very lean cuts or low-fat)
1 oz...Burger alternatives: mushroom, soy, veggie	½ oz..Cheese, hard
3 T.....Miso	1 oz...Cheese, low-fat
¼ c....Natto	¼ c....Cottage cheese, low-fat
1 oz...Soy foods: soy burgers, soy cheeses, soy dogs	1 oz...Feta cheese, low-fat
	¼ c....Ricotta cheese, low-fat

1 oz serving = 50-100 calories, 7 g pro

Detox Focused Core Food Plan

Non-starchy Vegetables

Servings / day

Brassicales (<i>i.e. Cruciferous</i>)		
Arugula	Cauliflower	Kohlrabi <input type="checkbox"/>
Bok choy	Chard	Mustard greens
Broccoflower	Chinese cabbage	Radish
Broccoli	Collard greens	Rutabaga
Broccoli sprouts	Daikon radish	Turnips
Brussels sprouts	Horseradish	Watercress
Cabbage	Kale	
Detoxifying Leafy Greens		
Beet greens	Collard greens	Parsley <input type="checkbox"/>
Bok choy	Dandelion greens	Radicchio
Chard	Endive	Spinach
Cilantro	Escarole	
Thiols		
Daikon radish	Garlic	Onion <input type="checkbox"/>
Liver & Kidney Support		
Asparagus	Beets	<input type="checkbox"/>
Artichokes	Celery, Celery Root	
Bamboo shoots	Jicama	Shallots
Bean sprouts	Leeks	Spinach
Bell peppers	Lettuce	Squash, summer
Carrots	Mushrooms (crimini, shiitake)	Tomato
Cucumbers		Vegetable juice (¾ c)
Eggplant	Okra	Fermented vegetables (kimchi, sauerkraut)
Green beans	Peppers	

1 serving = ½ c cooked, 1 c raw, 10-25 calories, 5 g carb

Legumes

Servings / day

½ c....Cooked dried peas, beans, or lentils
¾ c....Bean soups
⅓ c....Hummus or other bean dips
½ c....Fat-free refried beans
½ c....Edamame, steamed (green soybeans)

1 serving = 110 calories, 15 g carb, 7 g pro

Low-fat Dairy/ Alternatives

Servings / day

8 oz...Milk alternates: nut, hemp, rice
8 oz...Buttermilk, nonfat or 1%
8 oz...Kefir, nonfat or 1%
8 oz...Milks: cow, goat, sheep milk, skim or 1%
8 oz...Milk alternates: soy milks; low-fat
6 oz...Yogurt, cow or soy (plain, nonfat or 1%)
½ c....Yogurt, Greek (plain, nonfat or 1%)

1 serving = 70-100 calories, 12 g carb, 7 g pro

Starchy Vegetables

Servings / day

1 c....Beets, cubed	½ c...Winter roots or squashes: beet, parsnip, turnip
1 c....Acorn squash, cubed	½ md.Potato: sweet, white
1 c....Butternut squash, cubed	½ c....Potato, mashed: sweet, white
½ c....Corn	1 c....Snow peas
½Corn-on-the-cob	½ c...Winter roots or squashes: acorn, butternut, pumpkin
½ c....Green peas	
⅓ c....Plantain (½ whole)	

1 serving = 80 calories, 15 g carb

Fruits (No sugar added)

Servings / day

Detoxifying Phytochemicals		
¾ c...Blackberries	15...Grapes	1 sm..Pomegranate
¾ c...Blueberries	1 c...Papaya	1 c...Raspberries
12...Cherries	¾ c...Pineapple	1¼ c..Strawberries
1 sm..Apple	1.....Kiwi	1 sm..Pear
½ c...Applesauce	½ sm.Mango	2 sm..Plums
4.....Apricots, fresh	1 c....Melon	3 md..Prunes
½.....Banana, med	1 sm..Nectarine	2 T....Raisins
3.....Dates or Figs	1 sm..Orange	2 sl...Tangerines
½ c....Fruit juice	1 sm..Peach	2 T....Dried fruit

1 serving = 60 calories, 15 g carb

Grains

Servings / day

Buckwheat/kasha*	Quinoa*	Sorghum*
Millet*	Rice*	Teff*
* Serving = ⅓-½ c		
½ c...Cereal, cooked, rice	1 sl..Rice bread*	
½ c...Kasha, cooked	2.....Rice cakes (brown)*	
⅓ c...Quinoa*	3-4...Rice crackers*	
⅓ c...Rice	⅓ c...Rice noodles or pasta*	
Amaranth*	Kamut	Spelt
Basmati rice*	Oats	Tapioca*
Bulgur (cracked wheat)	Semolina	Whole wheat
* Serving = ⅓-½ c		
¼.....Bagel, large (whole grain)	⅓ c....Couscous	
½ c....Bulgur, cooked	½English muffin, whole grain	
½.....Bun (whole grain)	¼ c....Muesli	
1 sl....Breads, whole grains	⅓ c....Pasta, whole grain	
½ c....Cereal, cooked (oatmeal, wheat, grits)	½.....Pita, whole grain	
¾ c....Cereal, ready-to-eat (high fiber, whole grain)	3 c....Popcorn	
4-7....Crackers, whole grain or rye	1.....Tortilla, 6 inch, whole grain or rice	

* = Gluten free
1 serving = 75-110 calories, 15 g carb

* All measurements in single serving sizes

** Shaded areas contain foods with targeted nutrients to support and improve detoxification and elimination