

YES!!

Whole foods!

Vegetables + sprouts

Leafy Greens; bitter Veggies like dandelion greens, escarole, mustard etc..

Orange + Yellow foods

Sea Vegetables

Live Cultured Kraut/Kimche

Fruit (especially berries and green apples)

Nut, Seed, Coconut Milk

Quinoa, Amaranth, Millet (sparingly if tolerated)

Avocado + Coconut oil, broth for cooking

Flax, pumpkin, sesame and cold pressed olive oil for dressing

Herbs and spices (fresh herbs, dried herbs, coconut aminos)

Drink loads of water!

NOPE

Sugar; real or artificial (this includes maple syrup, honey, agave, xylitol, evaporated cane juice, Splenda, corn syrup, etc..)

All dairy + canned coconut milk, nondairy creamers, etc..

Eggs + meat

All gluten-full grains (wheat, barley, spelt, kamut, rye, couscous); this includes flours + corn

Fried foods

Soy and all soy products (see exceptions). Look for that sneaky soy oil and soy lecithin on ingredients lists.

Peanuts

Nasty oils like canola, margarine, mayonnaise, most salad dressings, trans-fatty acids

Alcohol (and preferably no tobacco)

Caffeine, soda/pop/soft drinks (they tax the adrenals and negatively impact liver detox)

Condiments like ketchup, relish, soy sauce, Chocolate

Spicy food

Anything in a package with ingredients you don't recognize as whole foods

