

DETOXIFICATION DIET

FOODS TO INCLUDE	FOODS TO AVOID
<p>BEANS Black, Red, Pinto, Kidney, Black-eye peas, Chick peas, Split peas, Lentils and Lima beans. Aduki and Mung beans are ideal for weight loss or weak digestive systems.</p>	<p>Canned (unless Organic)</p>
<p>BEVERAGES Herb teas: Mint, Spearmint, Comfrey, Green Dandelion, Chaparral, Red Clover, Chamomile, Celestial Seasonings Teas & Other blends. Coffee Substitutes: Pero, Cafix and Roma</p>	<p>Soft drinks, Coffee and Alcohol</p>
<p>BREAD Millet, Rye, Buckwheat, Corn, Tortillas, only Whole Grains, freshly ground, free of all preservatives and Ezekial 4:9 bread (freezer section of store)</p>	<p>White bread and blended made of enriched or white flour.</p>
<p>CEREAL / GRAINS Millet, Oatmeal, Brown and Wild Rice, Barley, Cornmeal, Quinoa, Amaranth, Spelt, Buckwheat Groats. (Freshly ground if possible)</p>	<p>Processed cereals, which are puffed or flaked. NO white rice/refined grains.</p>
<p>DAIRY PRODUCTS No dairy products. Tofu (soy cheese) is OK, Milk Substitutes: Soy, Sesame or diluted Tahini Milk. Rice milk, Oat milk, Almond milk. Use nut milk sparingly. NO eggs in any form.</p>	<p>Eggs, Milk & Cheeses.</p>
<p>FATS Most cold-pressed, unsaturated oils such as: Sesame and Olive for medium to low heat. Peanut, Canola, Safflower and Soy for high heat. Spectrum non-hydrogenated spread.</p>	<p>Butter, Shortening, Margarine or Saturated oils. Rancid and continually heated oils.</p>

SOUPS	
Home made soups made from Vegetables, Brown Rice, Barley, Lentil or Millet. Soup with Vegetables	Canned and creamed soups, bouillion or dehydrated consomme^
POTATOES. PASTA & GRAINS	
Baked or steamed potatoes with jackets and Mashed. All kinds of pastas made from whole grains such as Millet, Brown Rice, Buckwheat, Ouinoa, Sov and Vegetable flour without eggs.	French fries, potato chips, grilled potatoes. Refined pasta, noodle and macaroni products.
Baked sweet potatoes. Avoid potatoes, pastas, and other starchy vegetables for weight loss!!	
SEASONINGS	
Chives, Garlic, Parsley, Oregano, Basil, Marjoran, Sage, Thyme, Cayenne, Cumin, Anise, Fennel, Ginger, Asafoetida, and Savory. Kelp, vegetable and herb seasonings that contain no Sodium Chloride ""table salt" including salt substitutes like Spike, Vegit, Veg Sal, Herbamare, Bragg^s Liquid Aminos. Dr. Bronner balanced mineral seasoning. Nutritional yeast Unrefined Sea Salt. Pure apple cider, Balsamic or Rive Vinegar.	Spices, pepper and table salt. White vinegar.
VEGETABLES	
Raw or freshly steamed, organically grown if Artichokes, Asparagus, Beets, Carrots, Celery, Chives, Corn, Cucumbers, Endive, Green and Was Beans, Green Peas, Lentils, Lima Beans, Onions, Red Peppers, Green Peppers, Potatoes, Tomatoes, Yams, Watercress, Kale, Beet tops, Radish, Red Cabbage, etc.	Sprayed, canned or frozen vegetables.
SALADS	
Buy Organic. Fresh Spring Mix and vegetables. Arugula, Dandelion, Radicchio, Beet greens, Romaine, and Butter lettuce, Spinach, Tomatoes, Cucumbers, Green Peppers. Dressings include Annie's, Newman's Own and other healthy dressings without dairy or white vinegar.	Iceburg lettuce. Sulphured and high sodium vegetables. Cheap salad bars.