



Detox Food Plan

PROTEINS

Proteins

Servings/day _____

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

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:

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

LEGUMES

Proteins/Carbs

Servings/day _____

- 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

Servings/day _____

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

Servings/day _____

- 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

Servings/day _____

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

Servings/day _____

Brassicales (i.e., Cruciferous)

- | | |
|---|--------------------------------------|
| <input type="checkbox"/> Arugula | <input type="checkbox"/> Cabbage |
| <input type="checkbox"/> Broccoli | <input type="checkbox"/> Cauliflower |
| <input type="checkbox"/> Broccoli sprouts | <input type="checkbox"/> Horseradish |
| <input type="checkbox"/> Brussels sprouts | <input type="checkbox"/> Kohlrabi |
| | <input type="checkbox"/> Radishes |

Detoxifying Leafy Greens

- | | |
|--|--|
| <input type="checkbox"/> Bok choy | <input type="checkbox"/> Greens (beet, collard, dandelion, kale, mustard turnip) |
| <input type="checkbox"/> Chard/Swiss chard | |
| <input type="checkbox"/> Chervil | |
| <input type="checkbox"/> Cilantro | <input type="checkbox"/> Microgreens |
| <input type="checkbox"/> Endive | <input type="checkbox"/> Parsley |
| <input type="checkbox"/> Escarole | <input type="checkbox"/> Radicchio |

Thiols

- | | |
|--|------------------------------------|
| <input type="checkbox"/> Chives | <input type="checkbox"/> Onion |
| <input type="checkbox"/> Daikon radishes | <input type="checkbox"/> Scallions |
| <input type="checkbox"/> Garlic | <input type="checkbox"/> Shallots |
| <input type="checkbox"/> Leeks | |

Liver & Kidney Support

- | | |
|--|---------------------------------------|
| <input type="checkbox"/> Artichokes | <input type="checkbox"/> Celery |
| <input type="checkbox"/> Asparagus | <input type="checkbox"/> Sprouts, all |
| <input type="checkbox"/> Celeriac root | |

Other Non-Starchy Vegetables

- | | |
|--|--|
| <input type="checkbox"/> Bamboo shoots | <input type="checkbox"/> Lettuce, all |
| <input type="checkbox"/> Bean sprouts | <input type="checkbox"/> Mushrooms |
| <input type="checkbox"/> Carrots | <input type="checkbox"/> Okra |
| <input type="checkbox"/> Cucumbers | <input type="checkbox"/> Peppers, all |
| <input type="checkbox"/> Eggplant | <input type="checkbox"/> Salsa |
| <input type="checkbox"/> Fennel | <input type="checkbox"/> Sea vegetables |
| <input type="checkbox"/> Green beans | <input type="checkbox"/> Snap peas/snow peas |
| <input type="checkbox"/> Jicama | <input type="checkbox"/> Spinach |

- | | |
|--|---|
| <input type="checkbox"/> Squash (delicata, pumpkin, spaghetti, yellow, zucchini) | <input type="checkbox"/> Turnip |
| <input type="checkbox"/> Tomato | <input type="checkbox"/> Vegetables, fermented |
| <input type="checkbox"/> Tomato juice— $\frac{3}{4}$ c | <input type="checkbox"/> Vegetable juice— $\frac{3}{4}$ c |
| | <input type="checkbox"/> Watercress |

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

VEGETABLES Starchy Carbs

Servings/day _____

- | | |
|--|--|
| <input type="checkbox"/> Acorn squash, cubed—1 c | <input type="checkbox"/> Plantain ($\frac{1}{2}$ whole)— $\frac{1}{3}$ c |
| <input type="checkbox"/> Beets, cubed—1 c | <input type="checkbox"/> Potato: Purple, red, sweet, yellow— $\frac{1}{2}$ med |
| <input type="checkbox"/> Butternut squash, cubed—1 c | <input type="checkbox"/> Root vegetables: Parsnip, rutabaga— $\frac{1}{2}$ c |

1 serving = 80 calories, 15 g carbs

FRUITS Carbs

Servings/day _____

Unsweetened, no sugar added

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

- | | |
|--|---|
| <input type="checkbox"/> Raisins—2 T | <input type="checkbox"/> Strawberries— $1\frac{1}{4}$ c |
| <input type="checkbox"/> Raspberries—1 c | <input type="checkbox"/> Tangerines—2 sm |

1 serving = 60 calories, 15 g carbs

GLUTEN-FREE GRAINS Carbs

Servings/day _____

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

1 serving = 75-110 calories, 15 g carbs

BEVERAGES

- | | |
|--|---|
| <input type="checkbox"/> Filtered water (with lemon or lime juice) | <input type="checkbox"/> Fresh juiced fruits/vegetables |
| <input type="checkbox"/> Sparkling/mineral water | <input type="checkbox"/> Unsweetened nut/seed milks |
| <input type="checkbox"/> Green tea | <input type="checkbox"/> Unsweetened coconut water |
| <input type="checkbox"/> Steamed soy milk (organic, unsweetened) | |

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