

Fats & Oils		Servings / day
2 T.....Avocado	1 t.....Oils, cooking or salad:	
1½ T...Coconut milk (½ c light)	Coconut (virgin), Flax	
8.....Olives, black or green	Seed (cold pressed),	
	Grapeseed, Olive (extra virgin)	
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	
1 T.....Parmesan cheese	with quality oils	
1 t.....Oils, cooking or salad: Almond, Canola, Safflower or Sunflower high oleic oil, Sesame, Walnut		

Nuts & Seeds		Servings / day
6.....Almonds	4.....Pecan halves	
2.....Brazil nuts	1 T.....Pine nuts	
3 T.....Coconut (unsweetened)	1 T.....Pumpkin seeds	
2 T.....Flax seed, ground	1 T.....Sunflower seed kernels	
5.....Hazelnuts	4.....Walnut halves	
6.....Cashews	10.....Peanuts	
6.....Mixed nuts (50% peanuts)	16.....Pistachios	
½ T.....Nut butters (1½ t)	1 T.....Sesame seeds	
1 t.....Nut oils	2 t.....Tahini (sesame paste)	

Protein		Servings / day
1 oz...Meat: buffalo, lamb, venison	Protein Powder:	
1 oz...Poultry (skinless chicken, turkey, Cornish hen)	1-2 scp (15-25 g protein)	
2sm...Sardines	≈ 2-3 oz protein	
Plant Protein: (organic, non-GMO preferred)	Animal Proteins (very lean cuts or low-fat)	
1 oz...Burger alternatives: mushroom, soy, veggie	½ oz..Beef jerky	
3 T.....Miso	1.....Egg or 2 egg whites	
¼ c....Natto	½ oz..Cheese, hard	
1 oz...Soy foods: soy burgers, soy cheeses, soy dogs	1 oz...Cheese, low-fat	
½ c....Tofu, tempeh	¼ c....Cottage cheese, low-fat	
	1 oz...Fish	
	1 oz...Meat: beef, elk, pork, veal, wild game	
	¼ c....Ricotta cheese, low-fat	
	1 oz...Seafood	

Non-starchy Vegetables			Servings / day
Brassicales (i.e. Cruciferous)			
Arugula	Cauliflower	Kohlrabi	
Bok Choy	Chard	Mustard Greens	
Broccoflower	Chinese Cabbage	Radishes	
Broccoli	Collard Greens	Rutabaga	
Broccoli Sprouts	Daikon Radish	Turnips	
Brussels Sprouts	Horseradish	Watercress	
Cabbage	Kale		
Detoxifying Leafy Greens			
Beet Greens	Collard Greens	Parsley	
Bok Choy	Dandelion Greens	Radicchio	
Chard	Endive	Spinach	
Cilantro	Escarole		
Thiols			
Daikon Radish	Garlic	Onion	
Liver & Kidney Support			
Asparagus	Beets		
Artichokes	Celery, Celery Root		
Bamboo shoots	Green beans	Peppers	
Bean sprouts	Jicama	Shallots	
Bell peppers	Leeks	Spinach	
Carrots	Lettuce	Squash, summer	
Cucumbers	Mushrooms	Tomato	
Eggplant	Okra	Vegetable juice (¾ c)	
		* Serving = ½ c	

Core Food Plan; Transition to Detox Food Plan

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)		

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%)		

Starchy Vegetables		Servings / day
1 c....Beets, cubed	½ c...Winter roots or squashes: beet, parsnip, turnip	
1 c....Acorn squash, cubed	1 c....Snow peas	
1 c....Butternut squash, cubed	1 c....Sweet potato, cubed	
½ c....Corn	½ c...Winter roots or squashes, mashed (acorn, butternut, potato, pumpkin, sweet potato)	
½Corn-on-the-cob		
½ c....Green peas		
⅓ c....Plantain (½ whole)		

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	

Grains			Servings / day
Buckwheat/kasha*	Rice, brown*/wild*	Teff*	
Millet*	Sorghum*	Whole wheat	
Quinoa*		* Serving = ⅓-½ c	
½ c....Cereal, cooked, rice	1 sl....Rice bread*		
½ c....Kasha, cooked	2Rice 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	* Serving = ⅓-½ c	
¼.....Bagel, large (whole grain)	½English muffin, whole grain		
½ c....Bulgur, cooked	¼ c....Muesli		
½.....Bun (whole grain)	½ c....Oatmeal, cooked		
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	1Tortilla, 6 inch, whole grain or rice		
⅓ c....Couscous	* = Gluten free		

* all measurements in single serving sizes