



10 day DETOX DIETARY GUIDELINES

ADD
SUPPLEMENTS

OK
TO EAT

1	2	3	4	5	6	7	8	9	10
	1 st Shake = 1 scoop + 2 capsules		1 st Shake = TWO scoops + 2 capsules						
	2 nd Shake = 1 scoop + 2 capsules		2 nd Shake = TWO scoops + 2 capsules						
			3 rd Shake = TWO scoops + 2 capsules						
BEVERAGES: Water: filtered, mineral, seltzer, herbal teas.									
FRUITS: Any fresh or frozen fruit. Coconut and coconut milk OK. Limit 2 servings per day (fist = 1/2 cup). No juices.				ONLY: Whole apples and pears only. (High fructose, consume in moderation)			FRUITS: Any fresh or frozen fruit. (Limit 2 servings) Coconut and coconut milk OK.		
VEGETABLES: Any fresh or frozen vegetables. Avoid corn.				ONLY: Broccoli, cauliflower, cabbage, brussel sprouts, kale, red & green lettuce, romaine, spinach & endive.			VEGETABLES: Any fresh or frozen vegetables.		
SPICES, CONDIMENTS & OILS: All fresh or dry herbs and spices, raw unsweetened cocoa powder, raw apple cider vinegar, olive oil, coconut oil, avocado oil, flax oil and sesame oil. SWEETNERS: Stevia, raw honey and dextrose (also known as glucose or corn sugar). Butter and ghee are acceptable throughout the program.									
FISH: Fresh, wild-caught fish, including cod, halibut, salmon, flounder, sole, tilapia, mahi mahi, trout and tuna. Avoid shellfish and farm-raised fish.									
LEGUMES: Beans, hummus, lentils and peas. Avoid soy bean products.									
HIGH QUALITY FATS: Organic butter, ghee, olives, avocados and coconut can be freely used throughout this program.									
SEEDS & SEED BUTTERS: Flax, Hemp, Pumpkin, Quinoa, Sunflower, Sunflower Butter, Chia Seeds, Sunflower Seed Milk and Hemp Milk.				SEEDS & SEED BUTTERS: (same description)				SEEDS & SEED BUTTERS	
NUTS & NUT BUTTERS		NUTS & NUT BUTTERS: All nuts except peanuts. Includes nut based milks and unsweetened butters.						NUTS & NUT BUTTERS	
EGGS	EGGS: Only organic, free-range eggs. Consume the whole egg.								EGGS
DAIRY: All dairy including milk, cheese and yogurt. Butter and ghee are acceptable throughout the program. Ideally, eliminate for 21 days. (Udenatured whey can be added back on day 10 as tolerated).									
GRAINS: Breads, crackers, wheat, rye, barley, spelt, kamut, white or brown rice, tapioca, amaranth, millet, buckwheat and corn. Ideally, eliminate for 21 days. Recommend avoiding white rice & rice milk during the program. *Paleobread OK on days 1 and 10 only.									
MEAT: Flesh foods including beef, pork, lamb, poultry and wild game.									
ARTIFICIAL INGREDIENTS: Colorings, flavorings and sweeteners (packaged and processed foods). Choose whole natural foods. Ideally, eliminate permanently.									
CAFFEINATED DRINKS: Sodas, coffee and tea.									
SUGAR & ALCOHOL: Anything with refined sugar, added sucrose or high fructose corn syrup (cakes, cookies, candies, pastries, beer, wine, liquor.)									

Congratulations!

You have made a positive commitment to yourself to undertake this detox program. Follow the graph and begin eliminating certain foods and adding in supplements. Days 5-7 will be the most challenging then you will slowly reintroduce foods towards starting the 9th day and beyond.

For maximum benefit, it's important to SLOWLY reintroduce foods back into your diet. If you suspect you have food allergies, try only one new food at a time and wait 24-48 hours to see if you note a reaction. If unsure about a reaction, wait until symptoms recede and eat only foods that do not cause a reaction. Then ingest suspicious food again and take note.

ELIMINATE
THESE FOODS