

## DETOX ALLOWABLE FOOD LIST

During your detox your Practitioner will recommend a diet based on your individual requirements. The diet will ensure that you are eating the right foods for your body in order to maximise the detoxification process.

<p><b>RECOMMENDED PROTEIN:*</b></p>	<p><b>FRESH VEGETABLES*</b></p>	<p><b>NUTS &amp; SEEDS*</b></p>																																
<p>Choose lean protein sources, organic or free range where possible.</p> <table border="0"> <tr> <td>Veal</td> <td>Chicken</td> </tr> <tr> <td>Lamb ^</td> <td>Turkey</td> </tr> <tr> <td>Beef ^</td> <td>Fresh fish</td> </tr> <tr> <td>Kangaroo</td> <td>Tempeh</td> </tr> <tr> <td>Eggs</td> <td>Tofu</td> </tr> </table> <p>* One palm size portion per meal. Increase to two palm size portions for Tofu and Tempeh ^ Maximum two serves per week</p>	Veal	Chicken	Lamb ^	Turkey	Beef ^	Fresh fish	Kangaroo	Tempeh	Eggs	Tofu	<p>Kale Kohlrabi Leeks Lettuce – all types Mushrooms Okra Olives Onions Parsnip Peas Pumpkin Radicchio Radish Rocket Sea Vegetables (e.g. kelp, kombu, wakame) Snow peas Spinach Sprouts Squash Sweet potato Tomato Turnip Water chestnuts Water cress Zucchini</p> <p>* Minimum of four cups of salad and three cups of vegetables per day</p>	<p>Choose raw and organic options where possible.</p> <table border="0"> <tr> <td>Almonds</td> <td>Pecans</td> </tr> <tr> <td>Brazil nuts</td> <td>Pepitas</td> </tr> <tr> <td>Coconut</td> <td>Pine Nuts</td> </tr> <tr> <td>Hazelnuts</td> <td>Pistachio Nuts</td> </tr> <tr> <td>Linseeds</td> <td>Sesame Seeds</td> </tr> <tr> <td>Macadamia nuts</td> <td>Sunflower Seeds</td> </tr> <tr> <td>Natural nut butter/spreads</td> <td>Walnuts</td> </tr> </table> <p>* Limit to two serves per day (1 serve = 1/4 cup)</p>	Almonds	Pecans	Brazil nuts	Pepitas	Coconut	Pine Nuts	Hazelnuts	Pistachio Nuts	Linseeds	Sesame Seeds	Macadamia nuts	Sunflower Seeds	Natural nut butter/spreads	Walnuts								
Veal	Chicken																																	
Lamb ^	Turkey																																	
Beef ^	Fresh fish																																	
Kangaroo	Tempeh																																	
Eggs	Tofu																																	
Almonds	Pecans																																	
Brazil nuts	Pepitas																																	
Coconut	Pine Nuts																																	
Hazelnuts	Pistachio Nuts																																	
Linseeds	Sesame Seeds																																	
Macadamia nuts	Sunflower Seeds																																	
Natural nut butter/spreads	Walnuts																																	
<p><b>PROTEIN TO AVOID</b></p>	<p><b>FRUIT*</b></p>	<p><b>HEALTHY OILS*</b></p>																																
<p>Pork Sausages Mince Deli meats Cured meats Smoked meats Salami All other seafood including prawns, shellfish, oysters, etc.</p>	<p>Enjoy all fresh fruit, excluding tinned, frozen, and dry fruits.</p> <p>* Limit to three serves daily due to high sugar content</p>	<p>Cold pressed oils are preferable.</p> <table border="0"> <tr> <td>Coconut oil</td> <td>Olive oil</td> </tr> <tr> <td>Flax/Linseed oil</td> <td>Sesame oil</td> </tr> <tr> <td>Macadamia oil</td> <td>Walnut oil</td> </tr> </table> <p>* Maximum of two tablespoons per day</p>	Coconut oil	Olive oil	Flax/Linseed oil	Sesame oil	Macadamia oil	Walnut oil																										
Coconut oil	Olive oil																																	
Flax/Linseed oil	Sesame oil																																	
Macadamia oil	Walnut oil																																	
<p><b>DAIRY AND SUBSTITUTES*</b></p>	<p><b>BEANS</b></p>	<p><b>BEVERAGES</b></p>																																
<p>Unsweetened organic soy milk Rice milk Nut milks Goat milk Plain organic cow, soy, or goat yoghurt</p> <p>* limit to one serve per day</p>	<p>Soy beans Lentils Chickpeas Broad beans</p> <table border="0"> <tr> <td></td> <td>Butter beans</td> </tr> <tr> <td></td> <td>Lima beans</td> </tr> </table>		Butter beans		Lima beans	<p>Consume 2 to 3 litres of pure water daily.</p> <p>Pure water (can be flavoured with lemon juice and fresh ginger)</p> <p>Chamomile tea Dandelion tea Peppermint tea Ginger tea Licorice tea Calendula tea Rooibos tea Green tea ^</p> <p>^ Limit to one cup per day</p>																												
	Butter beans																																	
	Lima beans																																	
<p><b>FRESH VEGETABLES*</b></p>	<p><b>GRAINS*</b></p>	<p><b>DRESSINGS AND CONDIMENTS</b></p>																																
<p>Choose organic where possible, and avoid pickled, tinned or frozen vegetables.</p> <table border="0"> <tr> <td>Alfalfa sprouts</td> <td>Cabbage</td> </tr> <tr> <td>Artichokes</td> <td>Capicum</td> </tr> <tr> <td>Asian greens</td> <td>Carrot</td> </tr> <tr> <td>Asparagus</td> <td>Cauliflower</td> </tr> <tr> <td>Avocado</td> <td>Celery</td> </tr> <tr> <td>Baby spinach</td> <td>Chard</td> </tr> <tr> <td>Bamboo shoots</td> <td>Corn</td> </tr> <tr> <td>Bean sprouts</td> <td>Cucumber</td> </tr> <tr> <td>Beetroot</td> <td>Eggplant</td> </tr> <tr> <td>Bok Choy</td> <td>Endive</td> </tr> <tr> <td>Broccoli</td> <td>Fennel</td> </tr> <tr> <td>Broccolini</td> <td>Garlic</td> </tr> <tr> <td>Brussels sprouts</td> <td>Green beans</td> </tr> </table>	Alfalfa sprouts	Cabbage	Artichokes	Capicum	Asian greens	Carrot	Asparagus	Cauliflower	Avocado	Celery	Baby spinach	Chard	Bamboo shoots	Corn	Bean sprouts	Cucumber	Beetroot	Eggplant	Bok Choy	Endive	Broccoli	Fennel	Broccolini	Garlic	Brussels sprouts	Green beans	<p>Brown rice Amaranth Millet Quinoa</p> <table border="0"> <tr> <td></td> <td>Buckwheat</td> </tr> <tr> <td></td> <td>Plain rice crackers</td> </tr> <tr> <td></td> <td>Plain rice cakes</td> </tr> </table> <p>* Maximum of one serve per day (1 serve = 30g)</p>		Buckwheat		Plain rice crackers		Plain rice cakes	<p>Sea salt Garlic Organic tamari Tahini Olive oil Lemon juice Home-made guacamole and hommus Home-made dressings</p>
Alfalfa sprouts	Cabbage																																	
Artichokes	Capicum																																	
Asian greens	Carrot																																	
Asparagus	Cauliflower																																	
Avocado	Celery																																	
Baby spinach	Chard																																	
Bamboo shoots	Corn																																	
Bean sprouts	Cucumber																																	
Beetroot	Eggplant																																	
Bok Choy	Endive																																	
Broccoli	Fennel																																	
Broccolini	Garlic																																	
Brussels sprouts	Green beans																																	
	Buckwheat																																	
	Plain rice crackers																																	
	Plain rice cakes																																	