

Detox Power Foods

Vegetables

Fresh (not Frozen or Canned)

Portion Size: 1-2 cups, unless otherwise noted

- Alfalfa Sprouts
- Artichokes
- Arugula
- Asparagus
- Bean Sprouts
- Beets
- Bell Peppers
- Bok Choy
- Broccoli
- Brussels sprouts
- Cabbage (red or white)
- Carrots
- Cauliflower
- Celery
- Chard
- Collard Greens
- Cucumber
- Dandelion greens
- Edamame
- Eggplant
- Endive
- Ginger
- Green Beans
- Hot Peppers
- Jerusalem Artichokes
- Jicama
- Kale
- Kohlrabi
- Leeks
- Lettuce (any)
- Malanga
- Mushrooms
- Okra
- Olives
- Onions
- Parsley

- Pimientos
- Radicchio
- Radishes
- Rhubarb
- Rutabaga
- Salsa
- Sauerkraut
- Scallions
- Snow Peas (no sugar)
- Spinach
- Squash leaves
- Stir-fry vegetables, no sauce
- Tomato Juice (no salt), 1/3 cup
- Tomato Paste, 2 tbsp
- Tomato Sauce, ½ cup
- Vegetable juice (no salt), ½ cup
- Water Chestnuts
- Watercress
- Yellow Squash
- Zucchini
- Greens (beet, collard, dandelion, kale, mustard, turnip)

Fruit

Fresh (not Frozen or Canned)

Portion Size: 1 medium fruit, unless otherwise noted

- Apple
- Apricots, 4 medium
- Banana
- Berries (blueberries, strawberries, raspberries, boysenberries, blackberries), ¾ cup
- Cantaloupe
- Casaba melon
- Cherries, 12 large
- Currants, 3 tbsp
- Dates (fresh), 2
- Figs (fresh), 2
- Gooseberries

- Grapefruit
- Grapes
- Guava
- Honeydew melon
- Jackfruit
- Kiwi fruit
- Kumquats, 4 medium
- Lemon
- Lime
- Loganberries
- Loquats
- Lychees, 7
- Mandarin orange
- Melon balls
- Mulberries
- Nectarine
- Orange
- Papaya, ½ medium
- Passion Fruit
- Peach
- Pear
- Pineapple, ½ cup
- Plum
- Pomegranate, ½ of small
- Raisins, 2 tbsp
- Sharon Fruit
- Starfruit
- Tangelo
- Tangerine
- Watermelon

The Rules:

- No grains or starches
- No fat (oils, butter, margarine)
- No Sugar or artificial sweeteners
- No alcohol, coffee, soda or other caffeine-containing beverages
- No Junk food
- Vegetables (as many as you like)
- Fruit (three servings per day)

- Refrain from eating protein dairy as long as possible

- If you must add protein, add a three ounces of lean protein like tuna (canned in water or fresh), salmon (canned in water or fresh), chicken, turkey, tofu or plain soy milk.

- Water (eight 8 fl. oz. glasses per day)
- Accelerators for Success: TLS CORE,
- Supplements for success: Isotonix Multivitamin, Isotonix OPC-3, NutriClean 7-Day Cleansing & Detoxification System

Detox Tips:

- Eat only the cleansing foods on the lists (try arranging these foods into three meals a day, plus snacks).
- Keep it simple.
- Use spices and herbs, small amounts of low sodium soy sauce, salt, pepper, vinegar and mustard.
- The naturally accruing plant compounds in the fruits and vegetable will help accelerate the cleansing process. Getting plenty of sleep will also help with the detoxification process. However, you may feel a little more tired than usual the first few days. By the end of the week, you should feel energized.
- Do not engage in strenuous physical activity, even if you are used to it. Instead of a vigorous workout, take more yoga and gentle stretching. This is also a great time to meditate, listen to relaxing music, and engage in other stress-reduction activities.
- Think about the commitment you are making to yourself, what you stand to gain, and how accomplished



Detox Power Foods

you will feel.