



Detox Food Plan

PROTEINS

Proteins

Servings/day _____

Lean, free-range, grass-fed, organically grown animal protein; non-GMO, organic plant protein; and wild-caught, low-mercury fish. Avoid canned meats.

Animal Proteins:

- Egg—1 or 2 egg whites
- Fish: **Anchovy**, halibut, **herring**, sablefish, **salmon**, sardines, etc.—1 oz
- Meat: Beef, buffalo, elk, lamb, venison, other wild game—1 oz
- Poultry (skinless): Chicken, duck, pheasant, turkey—1 oz

Plant Protein:

- Tofu** (firm/extra firm)—1½–2 oz
- Tofu** (soft/silken)—3 oz
- Tempeh**—½ c
- Spirulina—2 T

1 serving as listed = 35–75 calories, 5–7 g protein, 3–5 g fat, 0–4 g carbs

Average protein serving is 3–4 oz (size of palm of hand).

LEGUMES

Proteins/Carbs

Servings/day _____

Organic, non-GMO

- Bean soups—¾ c
- Black soybeans** (cooked)—½ c
- Dried peas, beans, or lentils (cooked)—½ c
- Flour, legume—¼ c
- Edamame**—½ c
- Green Peas (cooked)—½ c
- Hummus or other bean dips—⅓ c
- Refried beans, vegetarian—½ c

1 serving = 110 calories, 15 g carbs, 7 g protein

DAIRY ALTERNATIVES

Proteins/Carbs

Servings/day _____

Unsweetened, organic

- Kefir, coconut or soy—4–6 oz
- Yogurt, coconut or soy (cultured)—4–6 oz

1 serving = 50–100 calories, 12 g carbs, 7 g protein

NUTS & SEEDS

Proteins/Fats

Servings/day _____

Unsweetened, unsalted organic

- Almonds—6
- Brazil nuts—2
- Cashews—6
- Chia seeds—1 T
- Coconut (dried)—3 T
- Flaxseed, ground**—2 T
- Hazelnuts—5
- Hemp seeds—1 T
- Macadamias—2–3
- Nut and seed butters—½ T
- 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, 5 g fat

FATS & OILS

Fats

Servings/day _____

Minimally refined, cold-pressed, organic, non-GMO

- Avocado**—2 T or ⅓ whole
- Coconut milk, regular (canned)—1½ T
- Coconut milk, light (canned)—3 T
- Ghee/clarified butter—1 t
- Oils, cooking: **Avocado**, coconut, grapeseed, **olive (extra virgin)**, **sesame**—1 t
- Oils, salad: Almond, **avocado**, canola, **flaxseed**, grapeseed, **hempseed, olive (extra virgin)**, **pumpkin seed, rice bran**, safflower (high-oleic), **sesame**, sunflower (high-oleic), walnut—1 t
- Olives: Black, green, kalamata—8

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 **C**arbs

Servings/day _____

Cruciferous

- Arugula**
- Bok choy**
- Broccoli, broccoli sprouts**
- Brussels sprouts**
- Cabbage**
- Cauliflower**
- Collard greens**
- Kale**
- Kohlrabi**
- Mustard greens**
- Radishes**
- Rutabaga**
- Turnips, turnip greens**
- Watercress**

Leafy Greens

- Chard/Swiss chard**
- Endive**
- Fresh herbs: cilantro, parsley**
- spinach, lettuce**

Allium

- Chives**
- Garlic**
- Leeks**
- Onion**
- Scallions**
- Shallots**

Other Non-Starchy Vegetables

- Artichokes
- Asparagus
- Bean sprouts
- Beets
- Carrots
- Celery
- Cucumbers
- Eggplant
- Fennel
- Fermented Vegetables
- Green beans
- Mushrooms
- Nopales
- Peppers, all
- Salsa
- Sea vegetables
- Snap peas/snow peas
- Squash: spaghetti, yellow, zucchini, etc.
- Tomatillo
- Tomato
- Vegetable juice— $\frac{3}{4}$ c

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

VEGETABLES Starchy **C**arbs

Servings/day _____

- Acorn squash (cubed)—1 c
- Butternut squash (cubed)—1 c
- Parsnip — $\frac{1}{2}$ c
- Plantain— $\frac{1}{3}$ c or $\frac{1}{2}$ whole
- Potato: Purple, red, sweet, yellow— $\frac{1}{2}$ med

1 serving = 80 calories, 15 g carbs

FRUITS **C**arbs

Servings/day _____

Unsweetened, no sugar added

- Apple—1 sm
- Applesauce— $\frac{1}{2}$ c
- Apricots—4
- Banana, med— $\frac{1}{2}$
- Blackberries— $\frac{3}{4}$ c
- Blueberries— $\frac{3}{4}$ c
- Cherries—12
- Dried fruit (no sulfites)—2 T
- Figs—3
- Grapes—15
- Grapefruit**— $\frac{1}{2}$ med
- Kiwi—1 med
- Mandarins**—2 sm
- Mango— $\frac{1}{2}$ sm
- Melon, all—1 c
- Nectarine—1 sm
- Orange**—1 sm
- Papaya—1 c
- Peach—1 sm
- Pear—1 sm
- Pineapple— $\frac{3}{4}$ c
- Plums—2 sm
- Pomegranate seeds— $\frac{1}{2}$ c
- Prunes—3 med
- Raisins—2 T
- Raspberries—1 c
- Rhubarb— $\frac{1}{2}$ c
- Strawberries— $1\frac{1}{4}$ c
- Tangerines**—2 sm

1 serving = 60 calories, 15 g carbs

Organic, non-GMO fruits, vegetables, herbs and spices

GLUTEN-FREE GRAINS **C**arbs

Servings/day _____

Unsweetened, sprouted, organic

- Amaranth— $\frac{3}{4}$ c
- Brown rice cakes—2
- Buckwheat/kasha— $\frac{1}{2}$ c
- Crackers (nut, seed, rice)—3-4
- Millet— $\frac{3}{4}$ c
- Oats: Rolled or steel-cut— $\frac{1}{2}$ c
- Quinoa— $\frac{1}{2}$ c
- Rice: Basmati, black, brown, purple, red, jasmine— $\frac{1}{3}$ c
- Teff— $\frac{3}{4}$ c

1 serving = 75-110 calories, 15 g carbs

All grain servings are for cooked amounts.

BEVERAGES, SPICES & CONDIMENTS

- Filtered water (with lemon or lime juice)
- Sparkling/mineral water
- Fresh juiced fruits/vegetables
- Coffee
- Kombucha (no added sweeteners)
- Tea: Black, dandelion, **green**, herbal, etc.
- Herbs and spices: curry, dill, ginger, garlic, rosemary, turmeric, etc.
- Condiments: Lemon/lime juice, miso, mustard, tamari, vinegars, etc.—use sparingly, suggest 1 T or less per serving

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