

THESE ARE SUGGESTIONS TO HELP YOU DETOX – DON'T GET FANCY – *this is just a temporary way of eating – so just bite the bullet – besides, you will also be cleansing your palate so you will learn to enjoy the pure, natural flavors of foods on the eating plan to come.*

Eat raw if possible, but if you choose to prepare foods – *steam or sauté vegetable in a little vegetable broth – grill or broil*

Detox Vegetables (as many and as often as you like except where otherwise indicated – **EAT FRESH, NOT CANNED OR FROZEN**)

Alfalfa Sprouts	Cabbage	Jicama	Sauerkraut (no sugar added)	Spaghetti Squash
Artichokes	Carrots	Kale	Snow Peas	Tomatoes
Arugula	Cauliflower	Leeks	Spinach	
Asparagus	Celery	Lettuce (all types)	Tomato Juice (1/3 cup), No salt	
Bean Sprouts	Chard	Mushrooms	Tomato Paste (2 tablespoons)	
Beets	Collard Greens	Okra	Tomato Sauce (1/2 cup – no sugar added)	
Bell Peppers	Cucumber	Olives	Watercress	
Bok Choy	Eggplant	Onions	Water Chestnuts	
Broccoli	Green Beans	Parsley	Yellow Squash	
Brussels sprouts	Hot Peppers	Radishes	Zucchini	

Fruits (Limit to 3 Servings a day) – these are fresh unless otherwise indicated

Apple	1 medium	Grapefruit	½
Apples, Dried	4 Rings	Grapefruit Juice (no sugar added)	1/3 cup
Apple Cider	½ cup	Grapes	½ cup
Applesauce (no sugar added)	½ cup	Guava	1 small
Apricots, dried	7 halves	Honeydew melon	1/16 medium
Banana	½ or 1 small	Kiwi Fruit	1 large
Blackberries	¾ cup	Kumquats	4 medium
Boysenberries	¾ cup	Lemon	1 large
Cantaloupe	¼	Lychees	7
Cherries	12 large	Mandarin Orange	¾ cup
Cherries, canned (no sugar added)	½ cup	Mango	½ small
Cranberry Juice (no sugar added)	½ cup	Nectarine	1 medium
Currants	3 tablespoons	Nectars	1/3 cup
Dates, Fresh	2	Orange	1 medium
Figs, Fresh	2	Orange juice (no sugar added)	½ cup
Figs, Dried	2	Papaya	½ medium
Fresh Fruit Cup	½ cup	Passion fruit	¾ cup
Fruit Cocktail (No sugar added)	½ cup	Peach	1 medium
Grape juice (no sugar added)	1/3 cup	Pear	1 small
Pineapple	½ cup	Pineapple juice (no sugar added)	½ cup
Plums	2	Pomegranate	½
Prune juice (no sugar added)	1/3 cup	Prunes	3 medium
Raisins	2 tablespoons	Raspberries	¾ cup
Strawberries	¾ cup	Blueberries	¾ cup