



detox

Always seek medical advice before starting any new diet or exercise program.

The purpose of this body “detox” is to eliminate the junk (or toxins) from your body while pumping in as much positive nutrition as possible. The recommended foods work together to help with inflammation, elimination, repair and digestion. Other foods are banned during the detox because they are either junk you don’t need or they are good nutritious food that should only be banned during this short time as they may interfere with the detox food doing their job. Those good and nutritional foods should be added back in your diet when your detox is over. Common sense will tell you which is which. 😊

There is a lot of controversy over whether or not a detox diet is needed. I tend to lean toward the fact that it is probably not and our bodies are efficient in ridding toxins completely on their own. However, after the indulgence of the holidays I can’t help but think a few days of strict nutrition can’t be anything but good for the body and mind. It is only for a limited number of days and can really help to get back in control of your nutrition and break some left over holiday cravings. I did the detox last week for five days and noticed a higher energy level and a better mental awareness. I also felt more “in control” of myself and even dropped a couple of pounds. You decide how strict you want to be and chose your own rules. Below are mine...

NOTE: If your body is accustomed to caffeine, sugar and artificial sweetener, you may want to gradually cut back before doing the detox so as avoid headaches during your detox days.

Detox Do's

- Drink a minimum of 8 glasses of water per day – very important
- Take the time to chew food well
- Eat whole foods (especially the ones on the recommended list below). Any prepackaged food should be limited and should only contain real food ingredients that you recognize as food. Even if one ingredient makes you wonder, skip it during these few days.
- Keep meals simple. Keep ingredients to a minimum and be sure to include a source from whole grains, lean protein, healthy fat and vegetables at every meal.
- Eat on a regular schedule with sensible portion/serving sizes. We are not fasting. We are pumping the body full of nutrition. Try not to go more than 4 hours without eating (eat often, 5-6 times a day -small portions). Steady meal timing helps regulate your digestive system, blood sugar and insulin levels, and appetite.
- Plan your meals and snacks ahead of time and cook for more than one meal at a time
- Shoot for 3-7 days to detox your body and jump start your nutrition makeover
- Do what you can on the detox and decide on your level of strictness. Even following just a few of the detox rules for only a few days will help give you a jumpstart to healthy eating.
- Follow up the detox with a sensible, healthy diet full of veggies, lean proteins (including animal proteins such as beef, eggs and dairy that were banned during the detox), and whole grains (including whole grain breads, etc)



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Eat Your Veggies

Vegetables thought to be particularly good detox foods include:

- artichokes
- asparagus
- beets
- broccoli and broccoli sprouts
- brussel sprouts
- cabbage
- carrots
- cauliflower
- garlic
- onions
- dark leafy greens such as kale, collard greens, spinach and swiss chard
- sea vegetables, including kelp

Most other vegetables are fine during the detox but eat as many from the above list as possible.

Eat Some Fruit

Fruits thought to be particularly good detox foods include:

- Lemons
- Grapefruit
- Pomegranate
- Berries
- Apples

Other fruits are allowed but in moderation:

- fresh or frozen fruits – (not canned)
- unsweetened, natural juice (limited – 4oz serving a day)
- dried fruit - unsweetened, in limited amounts, such as cranberries, dates, raisins, goji berries – (limited to a small serving a day)

Grains and Starches are limited to:

- brown rice
- quinoa
- wild rice
- oats
- whole grains are preferred, but products made from the above may be allowed on a less strict detox, such as brown rice pasta, pure buckwheat noodles, rice crackers, and bread

AVOID: Wheat and products containing wheat, such as pasta and bread. All gluten-containing grains, including wheat, barley, rye, spelt, triticale, kamut, couscous, bran, and farina



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Eat Protein at every meal

- turkey, chicken, fish, wild game, buffalo
- split yellow and green peas, lentils, black beans
- Unsalted, raw Nuts and Seeds (watch portion sizes and limit servings)
 - almonds, cashews, walnuts
 - flax seed, sunflower seeds, pumpkin seeds, sesame seeds, chia seeds

AVOID:

- nut butters and peanuts
- eggs and all dairy products are avoided, including: milk, cheese, cottage cheese, sour cream, yogurt and kefir, butter, ice cream and frozen yogurt
- soy- tofu, soy milk, soy yogurt, soy sauce, soy protein powder
- beef, pork, veal
- sausages and hot dogs
- deli meats and cold cuts
- shellfish

Consume Healthy Fats and Oils:

- avocado
- olive oil, flax oil, almond oil, avocado oil, coconut oil

AVOID : safflower, sesame, and sunflower oils (due to omega-6 fatty acids)

Stay Hydrated with the following Beverages:

- water and lemon water (great warm – I drank before breakfast and bed)
- "milks" made from allowed foods, such as rice milk, almond milk, hemp milk
- herbal and green teas
- unsweetened juice made from allowed vegetables (or fruit - but limit amounts – fruit is high in natural sugars)
- mineral or seltzer water - in limited amounts

AVOID: Coffee and Caffeinated Beverages (coffee, tea, soft drinks)

Sweeteners (in moderation and in limits)

- stevia, raw honey, black strap molasses

AVOID: refined sugar, any white sugar, any brown sugar, high-fructose corn syrup, evaporated cane juice, artificial sweeteners



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Condiments

- apple cider vinegar
- black olives
- lemons and limes
- fresh and dried herbs and spices (cinnamon, cayenne pepper, tumeric and oregano are especially good for detox)
- cacao powder, cacao nibs, carob powder
- sea salt
- mustard

AVOID:

ketchup, relish, soy sauce, teriyaki sauce, non-dairy creamers, barbeque or steak sauce, salad dressings not made with allowed ingredients, mayonnaise, spreads not made with the allowed ingredients, similar condiments

Other Foods to Avoid

- yeast
- alcohol (pure sugar and goes straight to your waist!)
- food additives and preservatives
- high-fat foods
- corn
- shortening, margarine
- canned coconut milk

Tips From My First Detox

- Stir fry was my best friend
 - On the first day of the detox I chopped an onion, green pepper, celery and garlic and put in baggies in the fridge.
 - I also grilled some extra chicken and cooked a batch of brown rice (in my rice cooker) and put in individual serving containers in my fridge
 - For a super fast single meal for myself I simply put a small amount of olive oil in a non stick skillet, sautéed some onion, pepper, garlic and/or celery, and then threw in some precooked or fresh items from the fridge (brown rice, quinoa, chopped grilled chicken, lentils, spinach, diced tomatoes, spaghetti squash or whatever). I used a little sea salt, cayenne pepper and/or lemon juice to season. It only has to cook long enough to warm and then it is ready to eat. It literally takes 5 minutes which is faster than a lean cuisine!



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- Frozen tilapia can go from freezer to broil to plate in about 10-15 minutes. Plop on a baking sheet spray with cooking spray, sprinkle with sea salt and pepper and broil until white and flaky. Can also throw some veggies on the same baking sheet and cook the same way (asparagus, sliced roma tomatoes-w/ basil, zucchini, squash, etc) See www.followmefit.net (blog) for the recipe
- Oatmeal was my breakfast staple and very filling. Recipe can also be found on blog.
- I used unsweetened almond milk in my protein shakes and it wasn't bad. However, I didn't care for it at all on its own. I had to mix it half and half with skim milk for breakfast.
- Small snack size tuna was a great go to snack that traveled well and isn't too bad to eat straight with a side of raw carrots, celery or bell peppers
- A steamer basket does wonders with fresh veggies such as broccoli and carrots.
- I tried to include all of the recommended foods during the detox period – especially the ones that I don't normally eat
- When my tummy started growling, I drank first and ate second (if hunger was real) between meals and snacks. Warm lemon water was wonderfully soothing and helped curb hunger when needed.

Good luck and let me know how it goes!!