

# The Detox food list

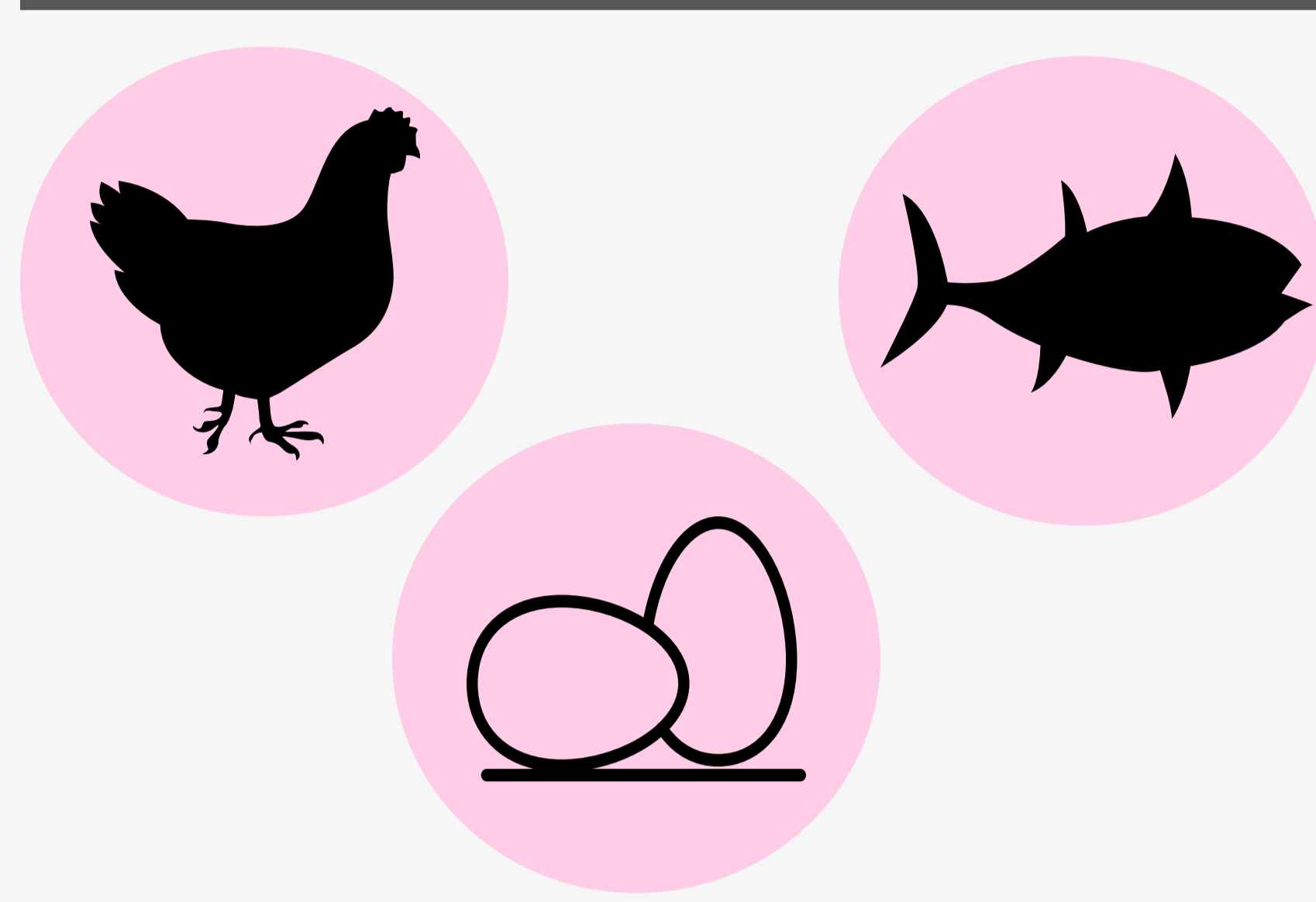
## Foods to enjoy & avoid whilst detoxing!

Feeling tired & sluggish? Is your digestive system not working well? Do you have acne, skin irritations or bad breath? Your elimination pathways may not be functioning well.

Try eating foods from my detox list for a couple of weeks and see how you feel. If you are still not feeling 100% or still having digestive issues, come and see me in clinic. There may be other issues going on. We can investigate your symptoms, order tests and prescribe supplements where needed to support your body to do its job properly.

## 01

### PROTEIN & DAIRY OPTIONS



Chicken, Eggs, Tempeh, Tofu, Turkey, Kangaroo, Fresh fish, Nuts, Seeds, Beans and Legumes.

Avoid: Processed or tinned meats (including tuna) as well as mince, beef, duck, lamb, pork, sausages and veal. Canned beans, peanuts and salted or roasted nuts. Cows milk products (milk, yoghurt, cheese).



#### TIP

Choose fresh fish that isn't susceptible to high heavy metals, avoid tuna, salmon, marlin, swordfish, king mackerel and shark. This will lessen the toxic load on your liver.

## EAT LOTS OF FRUIT AND VEGETABLES

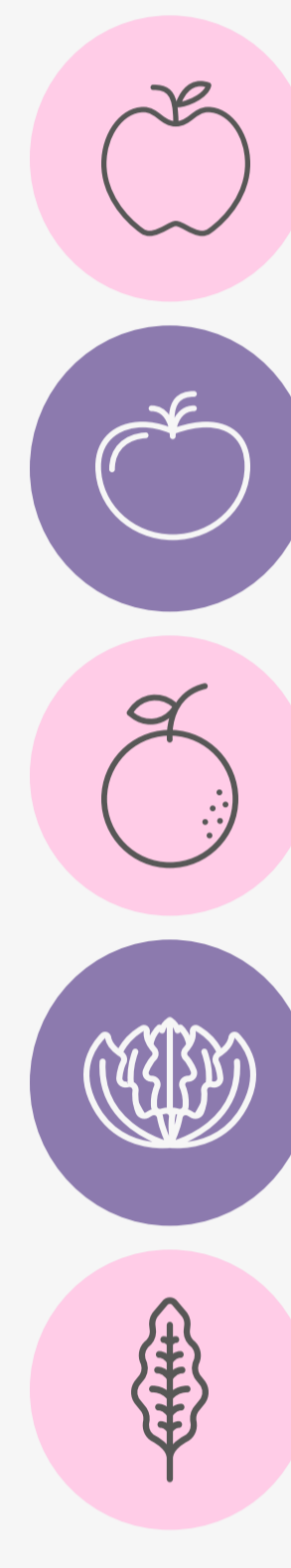
## 02

Enjoy all fresh fruits and vegetables with every meal and snack. Fermented vegetables like kimchi and sauerkraut are also great for your gut. Avoid dried or canned vegetables, these can contain sugar, preservatives and additives or BPA in the cans.

#### TIPS



Avoid boiling or overcooking your vegetables. Try lightly simmering, steaming or stir frying. For baking, choose a low and slow heat. These methods will lose less nutrients.



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Choose organic where possible to lessen the pesticide residue & toxic load on your liver.

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## 03

### GRAIN ALTERNATIVES TO ENJOY

Grain alternatives to enjoy include: Almond meal, amaranth, brown rice, buckwheat, coconut flour, corn, gluten free flour, hazelnut meal, lupin, millet, quinoa, red rice, wild rice.



Grains to avoid:  
- Barley - Triticale  
- Oats - Wheat  
- Rye - Spelt

Avoid processed and refined grains, such as baked goods, biscuits, crackers etc. These are harder for your body to process and create inflammation. Some of these products will also contain sugar, preservatives and additives. Take this time to be aware of what you eat, read labels and question what is in your food.

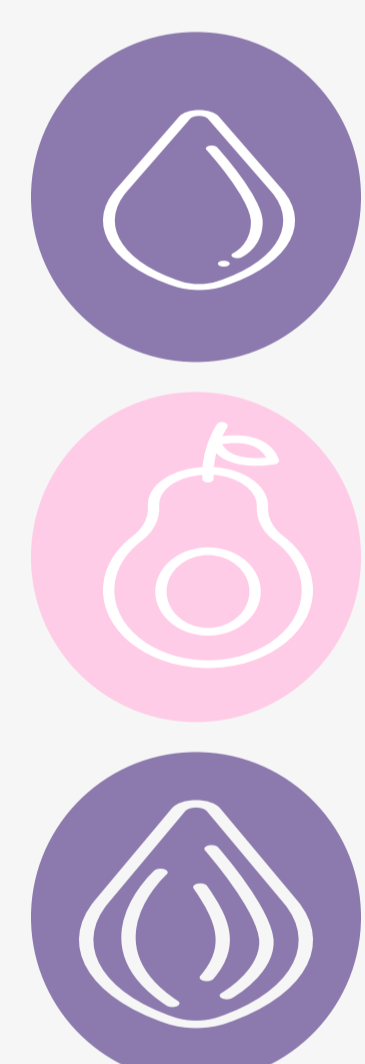
## FAT AND SUGAR

## 04

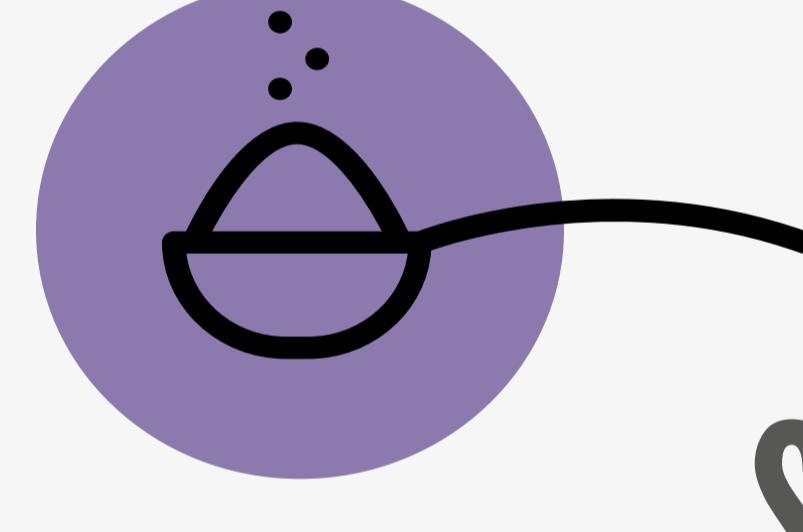


Healthy fats to enjoy whilst detoxing are: Olive oil, macadamia oil, flaxseed oil, rice bran oil, sesame oil, walnut oil, coconut oil.

Used cold pressed and organic where possible.



We do need fat in our diet, although our bodies need healthy fats. Replace saturated fats such as butter, ghee, canola oil, peanut oil, and vegetable oil, with unsaturated fats found in *nuts, seeds and avocados*.



### SUGARS

Avoid: Sugar (any type, brown, white, coconut etc) honey, rice malt syrup, agave. Try stevia as a sweetener instead.

#### TIPS



If you get a sweet craving, try having fruit instead!

## 05

### DON'T GET THIRSTY!



Aim for 8-10 glasses or 2-3 litres of water a day. Avoid alcohol, black tea, caffeinated drinks, soft drink, fruit drinks, cordials, and flavoured drinks. Remember not to add sugar in your drinks.

Enjoy: Water, Herbal teas (organic where possible), fresh juice made from fresh fruit, unflavoured sparkling water or kombucha.

Tip: You can flavour your water by adding lime, lemon, mint, orange, berries or cucumber.



## OTHER TIPS

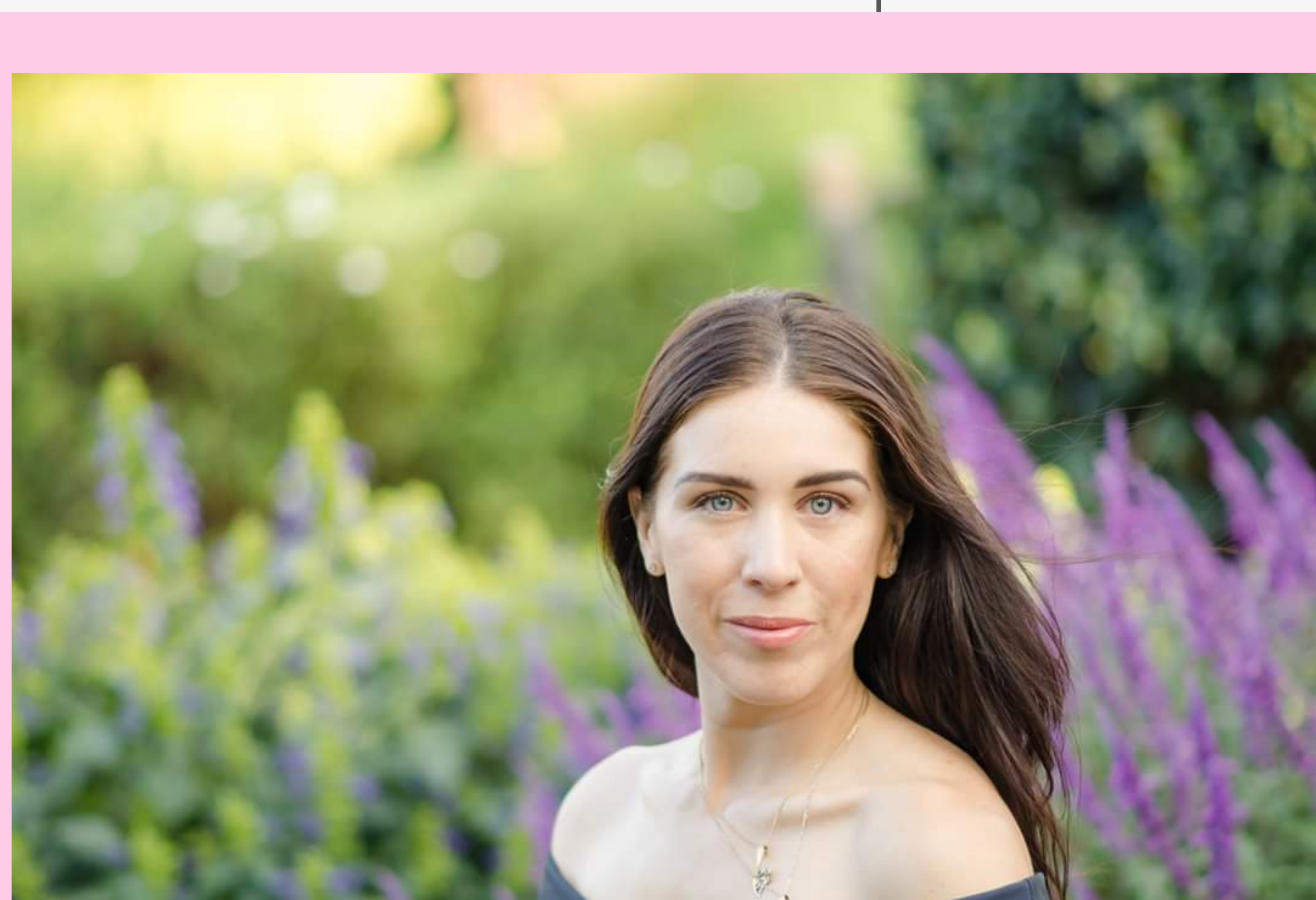
## 06

#### TIPS

**Fasting** (don't freak out its not as bad as you think, read on)

Try fasting periods overnight to give your body and cells a chance to recover. This is called intermittent fasting. Try eating an early dinner at 5pm-6pm then not eating anything until breakfast the next day around 9-10am. This would be around 16 hours of the day fasting (whilst you are asleep and won't realise you are hungry), the remainder 8 hours you would eat normally. For more information about fasting check out my blog.

To add flavour to your meals without salt, sugar and condiments, use fresh herbs, spices, lemon and lime, organic tamari, garlic, ginger and homemade tips and spreads like hommus, tahini and avocado dip.



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