

# Metabolic Detoxification/Food Elimination Menu Plan

## Protein \_\_\_\_ servings/day

Serving size: 3-4 oz. cooked, or as indicated

1 serving = approximately 150 calories

- Fish, 3 oz. fresh or ¾ cup water-canned
- Leg of lamb, very lean
- Poultry: chicken or Cornish hen (breast), turkey
- Wild game

Meat, poultry, and fish should be grilled, baked, or roasted; fish may also be poached

## Legumes \_\_\_\_ servings/day

Serving size: ½ cup cooked, or as indicated

1 serving = approximately 110 calories

- Beans—garbanzo, pinto, kidney, black, lima, cannellini, navy, mung, fat-free refried, green beans
- Bean soups, ¾ cup
- Hummus, ¼ cup
- Split peas, sweet green peas, lentils

## Dairy Alternatives \_\_\_\_ servings/day

Serving size: as indicated

1 serving = approximately 80 calories

- Coconut or almond milk, unsweetened, 8 oz.
- Hemp milk, unsweetened, 6 oz.

## Nuts & Seeds \_\_\_\_ servings/day

Serving size: as indicated

1 serving = approximately 100 calories

- Almonds or hazelnuts, 15 whole
- Coconut, unsweetened, grated, 3 Tbsp.
- Flax seeds, ground, 1 Tbsp.
- Chia seeds, 2 tsp.
- Pine nuts, 1½ Tbsp.
- Pistachios, sunflower/pumpkin/sesame seeds, 2 Tbsp.
- Walnut or pecan halves, 7-8
- Nut butter, 1 Tbsp. made from above nuts

## Category 1 Vegetables \_\_\_\_ servings/day

Up to 9 servings/day (total from all 3 sub-categories)

Serving size: ½ cup, or 1 cup for raw greens

1 serving = approximately 10-25 calories

### Veggies for Metabolic Detoxification

(minimum 2 in this sub-category)

- Asparagus
- Artichokes
- Greens: arugula, bok choy, escarole, endive, kale, Swiss chard, collard greens, dandelion, watercress, radicchio, beet/mustard greens
- Celery, celery root
- Kelp, seaweeds
- Onion, garlic

### Cruciferous Vegetables for Cleansing

(minimum 2 in this sub-category)

- Broccoli, broccoflower, radishes
- Brussels sprouts
- Cauliflower
- Cabbage (all types), kohlrabi

## Additional Category 1 Vegetables

(up to 5 daily in combination with other sub-categories for 9 total servings)

- Bamboo shoots
- Bean sprouts
- Bell or other peppers
- Chicory
- Cucumber, dill pickles
- Chives, leeks
- Eggplant
- Green beans
- Lettuce: Romaine, red/green leaf
- Mushrooms
- Okra
- Salsa (sugar-free)
- Snow peas
- Spinach
- Sprouts
- Tomatoes, mixed vegetable juice (unsweetened)
- Water chestnuts, 5 whole
- Zucchini, yellow, summer, or spaghetti squash

## Category 2 Vegetables \_\_\_\_ servings/day

Serving size: ½ cup, or as indicated

1 serving = approximately 45 calories

- Beets, winter squash (acorn, butternut)
- Carrots, 2 med. raw, 12 baby carrots
- Rutabaga, turnips, and parsnips, ⅓ cup
- Sweet potatoes or yams, ½ medium baked
- Yukon Gold, new or red potato, ½ medium

## Fruits \_\_\_\_ servings/day

Serving size: as indicated

1 serving = approximately 80 calories

If calorie restriction is not necessary, all fruits may be eaten liberally.

### Beneficial for Metabolic Detoxification/Cleansing

- (minimum 1 serving daily)
- Blackberries, blueberries, raspberries & strawberries, cranberries, loganberries, boysenberries, 1 cup

### Beneficial for Digestive Support

- Papaya, ½ cup
- Pineapple, ½ cup

### Other

- Apple, 1 medium
- Apricot, 3 medium
- Fresh figs, 2
- Grapefruit, 1 whole
- Kiwi, 2
- Mango, ½
- Cantaloupe, ½ medium
- Honeydew, ¼ small
- Watermelon, 2 cups
- Nectarine, 2 small
- Peach, 2 small
- Pear, 1 medium
- Plum, 3 small

## Grains \_\_\_\_ servings/day

Serving size: ½ cup cooked, or as indicated

1 serving = approximately 75-100 calories

- Amaranth
- Buckwheat groats
- Basmati or other brown rice, wild rice
- Whole oats (gluten-free), steel-cut oats
- Quinoa
- Teff
- Teff tortilla, 1 large

## Oils & Fats \_\_\_\_ servings/day

Serving size: 1 tsp. or as indicated

Oils should be cold pressed

1 serving = approximately 40 calories

- Avocado (fruit), ⅓
- Canola oil (best if organic)
- Coconut milk (canned), light, 3 Tbsp.
- Coconut milk (canned), regular, 1½ Tbsp.
- Coconut oil (organic)
- Earth Balance® spread, 1½ tsp.
- Flaxseed oil (refrigerate)
- Grapeseed oil
- High oleic safflower oil
- Mayonnaise (unsweetened, canola, grapeseed, or olive oil)
- Olive oil (extra virgin preferable)
- Olives, 8-10 medium
- Sesame oil

## Nutritional Beverage \_\_\_\_ servings/day

### Condiments

- Agave, 1 tsp.
- Cinnamon, carob, miso
- Fresh or dried herbs—any (e.g., dill, basil, sage, thyme, rosemary, mint, chives, parsley, etc.)
- Fresh or dried spices—any (e.g., curry, paprika, chili powder, turmeric, etc.)
- Flavored extracts (e.g., vanilla or almond)
- Lemon, lime
- Mustard, horseradish
- Soy sauce (tamari)
- Stevia, 1 packet daily
- Tabasco® sauce (unsweetened)
- Unsweetened tomato sauce or salsa
- Vinegars (unsweetened)

Read labels carefully—no dairy, soy, gluten, sugar/sweeteners, or other additives

### Beverages 48-64 oz. daily

- Green tea, rooibos tea (unsweetened)
- Mineral water (still or carbonated)
- Non-caffeinated herbal teas (mint, chamomile, hibiscus, etc.)
- Water (ideally filtered)

**Total Calories/Day** \_\_\_\_\_

# Metabolic Detoxification/Food Elimination Menu Plan

Name \_\_\_\_\_ Date \_\_\_\_\_

Wake-Up Time: _____
Morning Meal Time: _____
Morning Snack Time: _____
Midday Meal Time: _____
Afternoon Snack Time: _____
Evening Meal Time: _____
Evening/Other Snack Time(s): _____
Water/Drinks (not listed with meals above):
Activity/Exercise (detail type and duration):
Relaxation/Sleep (detail type and duration):

Notes \_\_\_\_\_

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