

## ***Spring Detox Food Guide***

### *Balanced Wellness Nutrition*

*Food to Include:*

*Food to Exclude:*

Vegetables:	Unlimited non-starchy	Vegetables:	White potato
	Limited/selected starchy		Eggplant
			Tomato sauce (jar/can)
Fruits:	Can eat any but limit amount		Citrus fruit, no OJ
	Mostly eat berries		Goji berry
Pantry:	Olives	Dairy:	All dairy
	Vinegar		May include some whey
	Coconut flour		protein based on preference
	Almond flour		
	Tapioca	Grains:	All grains
	Coconut		
	Nuts - raw	Alcohol:	All alcohol
Meat:	Grass-fed beef	Nuts/seeds:	Limit servings
	Pasture raised chicken		No peanuts
	Wild fish		No soy
	Bone broth		No cocoa
			No coffee
Herbs & spices:	Lots!!		
		Meat:	No eggs
Fermented:	Sauerkraut		No shellfish
	Kombucha		No factory raised meats
	Natural pickles		No Pork