***Spring Detox Food Guide***

*Balanced Wellness Nutrition*

|  |  |  |  |
| --- | --- | --- | --- |
| 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 |
|  |  |  |  |

 **Food to Include: Food to Exclude:**