

Detox Foods

Gluten-free Dairy-free Soy-free Egg-free Vegan Low-Glycemic Anti-Inflammatory Low-Allergy

Detox Goals To:

Support Blood Sugar & Hormonal Balance; Optimize Mood & Behavior; Rest the Digestion; Improve Energy; Reduce Inflammation in Body; Boost Immune System; and Provide Abundance of Anti-Oxidants & Phytonutrients.

Please note: *Sunday night and Monday morning there will be labeled “Dr. Tom’s Detox” special meals in the dining hall, generally where the plain food is against the back wall under the quilts.*

Includes:

- Vegetables: low-glycemic, steamed, sauteed, or as salads or soups
- Fruits: local (when possible), available at breakfast, on breaks
- Fresh Juices: vegetable/fruit juices twice daily
- Oils/Fat: olive oil, coconut oil, flax oil, tahini, organic butter, avocado
- Nuts & Seeds: sesame & flax seeds; cashews & almonds (limited amounts, not daily)
- Grains: quinoa (limited amounts, not daily)
- Herbal Teas: green tea (regular or decaffeinated), all other non-caFFEinated pure teas, medicinal herbal teas (provided)
- Omega Water: may also have pure coconut water (bring or available at cafe)
- Sweeteners: natural stevia

Excludes:

- Vegetables: Nightshades (tomato, white potato, pepper, eggplant)
- Grains: All (except Quinoa); Gluten (wheat, rye, barley, spelt); Other Gluten-Free Grains
- Caffeine (except organic green tea), coffee (decaf or regular)
- Alcohol
- Sugars (including agave, honey)
- Eggs
- Dairy
- Soy
- Meats/Fish, Beans/legumes