

Weekend Detox & Weight Loss Cleanse

with Dr. Tom Francescotti

May 31-June 2, 2013

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: Friday Dinner will have a labeled "Dr. Tom's Detox" section, 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)

Detox & Weight Loss Cleanse

with Dr. Tom Francescotti

May 31-June 7, 2013

- Eggs
- Dairy
- Soy
- Meats/Fish, Beans/legumes