

Detoxification Pantry List



Vegetables

These vegetables are just a sampling. You can eat an unlimited amount of vegetables from the list below. Your vegetable intake should be twice the amount of fruit intake.

- **Daily servings:** Unlimited (target 5 to 7)
- **Average serving size:** ½ cup
- Fresh juices made from vegetables allowed
- Can steam or stir-fry most vegetables for 4 minutes over low heat, but best to consume half total vegetable amount raw
- Fresh herbs and spices optional

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| ▪ Artichokes | ▪ Chives | ▪ Parsnips |
| ▪ Arugula | ▪ Collard greens | ▪ Pearl onions |
| ▪ Asparagus | ▪ Cucumbers | ▪ Pumpkins |
| ▪ Bamboo shoots | ▪ Dandelion greens | ▪ Radishes |
| ▪ Bean sprouts and any type of sprouts | ▪ Eggplants | ▪ Rutabagas |
| ▪ Beets and beet greens | ▪ Endive/escarole | ▪ Shallots |
| ▪ Belgian endive | ▪ Fennel | ▪ Spinach |
| ▪ Bell peppers, any variety | ▪ Hearts of palm | ▪ Squash, any variety |
| ▪ Black radishes | ▪ Jalapeño peppers | ▪ Sweet potatoes |
| ▪ Bok choy | ▪ Kale | ▪ Swiss chard |
| ▪ Broccoli | ▪ Kohlrabies | ▪ Tomatoes |
| ▪ Brussels sprouts | ▪ Leeks | ▪ Turnips and turnip greens |
| ▪ Cabbages | ▪ Lettuce, any variety | ▪ Wasabi roots |
| ▪ Carrots | ▪ Mushrooms | ▪ Water chestnuts |
| ▪ Cauliflowers | ▪ Mustard greens | ▪ Watercress |
| ▪ Celery | ▪ Okra | ▪ Yucca roots |
| ▪ Chicory/radicchio | ▪ Onions | ▪ Zucchini |
| | ▪ Oyster plants | |

Fruits

These fruits are just a sampling. Keep in mind that you should eat two or three servings of fruit a day.

- **Daily servings:** 2 to 3
- **Average serving size:** ½ to ¾ cup (about 60 calories)
- Eat any fresh or frozen varieties except grapefruit, which can alter detoxification enzymes¹
- If using canned fruits, like tomatoes or pumpkin, opt for BPA-free packaging
- Do not drink fruit juices, even if homemade
- Limit intake of berries to one serving or less per day
- Only consume one banana per day
- Individuals who have glucose management concerns should avoid or minimize fruits with a high glycemic index (over 55)

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| ▪ Apples | ▪ Figs 🍷 | ▪ Oranges |
| ▪ Apricots | ▪ Gooseberries | ▪ Papayas 🍷 |
| ▪ Avocados | ▪ Grapefruit | ▪ Passion fruit |
| ▪ Bananas | ▪ Grapes, any variety | ▪ Peaches, any variety |
| ▪ Blackberries | ▪ Guavas 🍷 | ▪ Pears, any variety |
| ▪ Blueberries | ▪ Huckleberries 🍷 | ▪ Persimmons |
| ▪ Boysenberries | ▪ Jackfruit 🍷 | ▪ Pineapples 🍷 |
| ▪ Cherimoyas (custard apples) | ▪ Kiwi fruit | ▪ Plums |
| ▪ Cherries | ▪ Kumquats | ▪ Pomegranates 🍷 |
| ▪ Clementines 🍷 | ▪ Lemons | ▪ Raspberries |
| ▪ Coconuts | ▪ Limes | ▪ Red currants |
| ▪ Cranberries, any variety | ▪ Lychees | ▪ Rhubarb |
| ▪ Dates | ▪ Mangoes 🍷 | ▪ Sapodillas 🍷 |
| ▪ Elderberries 🍷 | ▪ Melons, any variety 🍷 | ▪ Strawberries |
| | ▪ Nectarines | ▪ Tangerines |
| | ▪ Olives | ▪ Watermelons 🍷 |

1. UWE Fuhr, Kristina Klittich, and A. Horst Staib, Br J Clin Pharmacol 35, no. 4 (1993): 431-6, <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1381556/pdf/brjclinpharm00034-0094.pdf>.

🍷 Fresh fruit is a healthy and nutritious food with many vitamins, minerals, phytochemicals and fiber. Typically, the recommendation to eat fresh fruit as your appetite dictates holds true for many people. If you are above your ideal weight, eliminating higher-sugar fruits may be necessary. It is best to try to use vegetables instead of high-sugar fruits. Also be aware that for some people, fructose consumption may be a problem. Fruits that have a high fructose-to-glucose ratio should ideally be avoided. For these individuals, fruits with the 🍷 by them should be avoided or minimized.

Detoxification Pantry List



Healthy Grains

- **Daily servings:** 1
- **Average serving size:** ¼ to ¾ cup (cooked)
- If organic is not possible buy non-GMO
- Only eat gluten-free varieties
- Focus on high-fiber options
- Avoid refined grains like white rice, as heavy processing removes valuable fiber, vitamins, and nutrients
- **Did you know?** Buckwheat is actually a pseudo-cereal, not wheat. So it's naturally (and deliciously) gluten-free!

- Amaranth
- Buckwheat groats
- Buckwheat noodles (pure buckwheat or groats)
- Oats (gluten free, whole, or steel cut)
- Quinoa (whole)
- Rice (basmati, wild, or brown)
- Rice cakes
- Rice cereal (unsweetened)
- Teff

Vinegars

- Apple cider vinegar
- Balsamic vinegar
- Red wine vinegar
- White wine vinegar

Sugars and Sweeteners

- Bananas
- Dates
- Monk fruit
- Whole-leaf stevia, powder or liquid

Lean Meats, Fish, and Vegan Proteins

- **Daily servings:** 2 to 4
- **Average serving size:** 3 to 5 ounces
- Eat enough plant-based or animal-based protein to support your weight
- Canned fish and seafood are acceptable
- Eat fatty fish with low risk of mercury, and deep-sea – not farm-raised varieties
- Broiled, baked, roasted, or poached are the best cooking options
- **Protein Reminder:** Remember that adequate protein intake is crucial during detoxification. Calculate your protein requirements in advance, keeping in mind that each SP Detox Balance™ shake has 17 grams of protein!

- Black beans
- Black-eyed peas
- Chickpeas
- Cod
- Fava beans
- Fresh nuts spreads and nuts*
- Lean red meat (beef, venison, buffalo, wild game, or other)
- Lentils
- Lima beans
- Peas (green and yellow)
- Poultry (chicken, turkey, duck, or other)
- Red kidney beans
- Salmon
- Sea bass
- Tuna

Raw Seeds

- Chia seeds
- Flaxseeds
- Hemp seeds
- Poppy seeds
- Pumpkin seeds
- Sesame seeds
- Sunflower seeds

Oils and Fats

- **Daily servings:** Limit to maximum 4
- **Average serving size:** 1 teaspoon
- Should be cold pressed and unprocessed
- Use organic, high-quality oils when possible
- Avocado oil
- Butter: organic, unsalted
- Coconut oil: organic, unrefined, raw
- Coconut spread
- Coconut milk (whole fat)
- Flaxseed oil
- Fresh nut spreads and nuts*
- Ghee (clarified butter)
- Grape seed oil
- High-oleic safflower oil
- Olive oil: extra virgin
- Pumpkin seed butter
- Sesame seed oil
- Tahini (ground sesame seed)
- Yogurt (plain, Greek, or non-dairy)

Spices

- Basil
- Bay leaves
- Cardamom
- Cayenne
- Chili powder
- Chives
- Cilantro/ Fresh coriander
- Cinnamon
- Cloves
- Cumin
- Dill
- Garam masala
- Garlic
- Ginger
- Lemongrass
- Mint
- Mustard
- Nutmeg
- Oregano
- Paprika
- Parsley
- Pepper, black
- Rosemary
- Sage
- Sea salt
- Tarragon
- Thyme
- Turmeric
- Vanilla extract (pure)

Detoxification Pantry List



Beverages

- **Herbal tea:** organic, non-caffeinated
- **Nut milk:** unsweetened, plain, or vanilla
- **Spring water:** Drink more water. One of the most common symptoms of dehydration is feeling tired. When that tired feeling hits you in the middle of the afternoon and you begin to reach for a sugary drink, try drinking more water instead. You might discover that a healthy glass of water eliminates fatigue, makes you feel better, and helps you focus more sharply. The benefits of water are numerous — from cleansing the kidneys and supporting healthy skin to increasing concentration. Water keeps cells hydrated, helps maintain a healthy balance of body fluids, and supports healthy digestion and bowel movements. To better determine how much water you need each day, divide your body weight in half. The result is the approximate number of water in ounces you should drink daily.

Miscellaneous

- Baking powder
- Baking soda
- Broth (beef, chicken, or vegetable)
- Coconut butter
- Coconut cream
- Coconut water
- Curry paste
- Flour (almond, coconut, quinoa, oat, teff, or whole grain)
- Mustard, Dijon
- Nutritional yeast
- Seaweeds such as arame, nori, or kelp

What to Avoid

- Processed or refined foods
- Soda, diet soda, fruit juice, energy or sports drinks, alcohol, coffee, non-herbal teas, and caffeinated drinks
- Processed meats like sausage, canned meat, cold cuts, and frankfurters
- Foods if you have known allergy or you have received other nourishment guidelines from your health care professional
- White potatoes and corn
- Grapefruit - as it can alter detoxification enzymes
- Fruit juices, even homemade
- Refined grains like white rice

Reminder

- Best to eat half of your vegetables in their raw, uncooked form
- Limit berry intake to one serving per day
- Only consume one banana per day
- Only eat gluten-free varieties of grains