

METAGENICS DETOX DIET

Below is a list of foods that you can continue to enjoy throughout your detox, as well as those foods that are best to avoid based on the principles of the Metagenics Detox Diet. If there are any foods not on the list, your Practitioner will be able to advise whether they are appropriate for you.



PROTEIN TO ENJOY

Serving size: 1 palm sized portion per meal unless otherwise specified. Choose organic where possible.

- Chicken
- Eggs
- Fresh fish (max. 3-4 serves per week) excluding those in the 'Avoid' list. Calamari can be enjoyed as part of the fresh fish intake.
- Kangaroo
- Tempeh*
- Tofu*
- Turkey
- * Consume roughly two palm-sized portions per meal



PROTEIN TO AVOID

- All mince (unless made at home using meat from the 'protein to enjoy' list).
- Beef
- Duck
- Fish susceptible to higher heavy metal content such as tuna, salmon, king mackerel, marlin, swordfish and shark.
- Lamb
- Pork
- Sausages
- Shellfish including prawns, shellfish, oysters, mussels, crab. Cured/smoked meats and deli meats* (i.e. smoked salmon, salami, ham, etc.)
- Tinned meat and fish
- Veal
- * These foods are high in nitrates and are best avoided during detox.



NUTS AND SEEDS TO ENJOY

Serving size: 1 small handful of raw, natural nuts may be consumed daily. Choose organic where possible.

- Almonds
- Brazil nuts
- Chia seeds
- Coconut
- Hazelnuts
- Linseeds/flaxseeds
- Macadamia nuts
- Pecans
- Pepitas
- Pine nuts
- Sesame seeds
- Sunflower seeds
- Walnuts
- * Nut spreads of these nuts and seeds are also appropriate. Limit to one to two tablespoons per day.



NUTS AND SEEDS TO AVOID

- Peanuts (including peanut butter)
- Roasted and/or salted nuts



BEANS AND LEGUMES TO ENJOY

Serving size: Limit to 1 to 2 serves per day. (1 serve = 30 g cooked)

Choose organic where possible.

- Alfalfa sprouts
- Azuki beans (or adzuki)
- Broad beans
- Bean sprouts
- Black beans
- Borlotti bean
- Broad beans
- Butter beans
- Chickpeas or Garbanzos
- Kidney beans
- Lentils
- Lima beans
- Mung beans
- Navy beans
- Pinto beans
- Split peas



BEANS AND LEGUMES TO AVOID

- Flavoured and salted canned* beans or those with additives, preservatives.
- * Canned food products are often combined with additives and preservatives to prolong their lifespan. Cans themselves are also a common source of other chemicals such as Bisphenol-A (BPA) known to have adverse effects on health.



VEGETABLES TO ENJOY

Serving size: Minimum of 4 handfuls of salad and 3 handfuls vegetables per day. Choose organic where possible.

- Enjoy all fresh vegetables
- Homemade or organic fermented vegetables such as kimchi and sauerkraut



VEGETABLES TO AVOID

- Avoid canned, dried / dehydrated, frozen and/or pickled vegetables.



FRUITS TO ENJOY

Serving size: Limit to 3 serves daily due to high sugar content. 1 serve = 1 piece or 1 handful of chopped fruit.

- Enjoy all fresh fruits
- Fruits dehydrated at home without additives are permitted.

Note: If fruit is frozen, choose organic with no additives.



FRUITS TO AVOID

- Canned fruit due to added sugar and preservatives.
- Crystallised/candied fruit
- Dried fruit due to high sulphite content.

DAIRY/DAIRY SUBSTITUTES TO ENJOY

- Goat's milk products**
- Organic, unsweetened nut milk (i.e. almond milk)
- Organic, unsweetened rice milk
- Organic, unsweetened soy milk**
- Plain coconut yoghurt
- Sheep's milk products**

** Some individuals are sensitive to these products and they may therefore not be appropriate as part of an Integrated Detoxification Program. Ask your Practitioner if these foods are suitable for you.

DAIRY/DAIRY SUBSTITUTES TO AVOID

- Avoid all dairy products made from cow's milk, including milk, yoghurt, cheese, ice-cream.

GRAINS/ GRAIN ALTERNATIVES TO ENJOY

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|--------------------------------------|--------------------------|
| • Almond meal | • Hazelnut meal |
| • Amaranth | • Lupin |
| • Brown rice | • Millet |
| • Buckwheat | • Polenta |
| • Coconut flour | • Quinoa |
| • Corn | • Red rice |
| • Gluten-free flour | • Wild rice |
| • Gluten-free natural rice cakes* | * as snack options only. |
| • Gluten-free natural rice crackers* | |

GRAINS TO AVOID

Avoid all gluten containing grains including:

- Barley
- Oats
- Rye
- Spelt
- Triticale
- Wheat

Avoid processed wheat/gluten containing grain products (i.e. refined white or wholemeal bread, wheat crackers/biscuits, etc.)

OILS TO ENJOY

Use cold pressed, organic oils where possible.

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|-----------------|-----------------|
| • Coconut oil | • Rice bran oil |
| • Flaxseed oil | • Sesame oil |
| • Macadamia oil | • Walnut oil |
| • Olive oil | |

OILS TO AVOID

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|---------------|-----------------|
| • Butter | • Margarine |
| • Canola oil | • Peanut oil |
| • Duck fat | • Vegetable oil |
| • Fried foods | |
| • Ghee | |

DRESSINGS, CONDIMENTS, SWEETENERS AND SEASONINGS TO ENJOY

- All herbs and spices
- Garlic
- Homemade dressings and sauces
- Homemade dips and spreads (i.e. guacamole, hummus, tahini etc.)
- Lemon juice
- Organic tamari
- Salt – Celtic, sea or Himalayan
- Stevia and sucralose

DRESSINGS, CONDIMENTS SWEETENERS AND SEASONINGS TO AVOID

- Additives (i.e. MSG)*
- Artificial colours*
- Preservatives*
- Sugar, honey, coconut sugar, rice bran syrup
- Aspartame, saccharine
- Commercially made sauces and condiments
- Spice/Herb blends containing added salts, sugars, and artificial ingredients
- Wasabi

* Some of the more common and harmful food additives are outlined in the section entitled Food Preparation, Cooking and Storage on the following page.

BEVERAGES TO ENJOY

Serving size: Consume 2-3 L of pure water daily.

- Herbal tea, green tea - not sweetened or flavoured. Choose organic where possible
- Juices made from fresh fruit and vegetables
- Pure filtered water (can be flavoured with fresh lemon, orange, ginger, cucumber, mint, etc.)
- Unflavoured sparkling mineral water

BEVERAGES TO AVOID

- Alcohol
- Black tea
- Caffeinated softdrinks
- Coffee
- Fruit drinks and cordials
- Reconstituted fruit juice
- Soft drink/carbonated beverages

Additional Practitioner recommendations:
